

THREE LAYERS OF EMPATHY

Empathy is being with another with compassion, connecting to the humanness of their experience. Empathy is the silent presence with another, not the words we use. We can express our empathy and some possible ways to express empathy are included here.

ACKNOWLEDGING another's experience

Reflecting: Observation, Feeling, Request, and/or Wish

NOT: blame, criticism, or evaluation

"(Something) happened."

"You are upset."

"You wish (something different) had happened."

"You would like (something)."

Connecting to the CAUSE of the feeling (the need)

Connecting to the universal need/value that the feeling is reflecting, making no reference to any specific person (including myself) doing any specific action. Notice there is no reference to "I" or "me" at the causal level.

"Are you feeling _____ because (need) is important to you?"

"Are you valuing (need)?"

"So for you, (need) is important."

Some examples of "need" words: security, cooperation, fun, creativity, love, respect, freedom, healing, understanding, belonging, awareness, etc.

SAVORING the need

Being with the value of the need.

Connecting to the internal resource and universality of the need.

"Ah, (need)"
Space / Silence

Based on the work of Marshall B. Rosenberg, author of Nonviolent Communication

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Certified Trainers with The Center for Nonviolent Communication™

505.344.1305

radicalcompassion@gmail.com

<http://radicalcompassion.com>

www.cnvc.org