



# LOVE COACH ACADEMY

## Empathy First Tips, Tools and Practices

Definition of Empathy:(according to Merriam-Webster) the feeling that you understand and share another person's experiences and emotion; the ability to share someone else's feelings.

Empathy allows us to deeply connect with what is going on with ourselves at any given moment, as well as the other. When we connect in empathy with the other we are sharing feelings. The root origin of compassion is “with suffering” This helps us to feel loved, accepted, and deeply met in our humanness. It helps us to understand that we are not alone, and that our feelings and needs matter. There are no “bad or negative feelings”. There are uncomfortable feelings.

Everyone has a different style of empathy that they connect with, and it likely could change depending upon the experience. Encourage yourself to ask another: “What form of empathy do you enjoy?” After hearing a painful experience you can ask: “What are you desiring in this moment?” By getting curious with what another desires, it gives you the courage and green light to hold a deeper space for the other.

### For a beneficial experience for all, check in with yourself first and ask yourself:

- “How much bandwidth do I have right now to hold space, **how full is my empathy well?**”
- “Do I have five minutes or an hour?”
- “Are there any self- care practices that I can do to get me connected into my body and heart.”
- “Do I feel open to only certain forms of empathy rather than others? ie. touch- holding or a hug? Or do I prefer communicating and reflecting back feelings and needs?”
- “Do I desire something back in return?”

It is ok if you expect something back in return! Be honest with yourself and with the other so that they have a conscious choice, and then you know if they are a 100% YES. they are a no, then you can learn to fulfill your needs yourself, potentially with self-love or self-empathy. Let the other person know clearly where you are at before you diving in. This helps create a safe and successful container for both of you and the energy to flow more smoothly!

### Key phrases to remember when giving Empathy

- What emotions are alive for the other? (Use I am imagining or guessing your feeling \_\_\_\_\_?)
- I am curious where you feel that in your body?
- If that feeling in your body has a voice what would it say?
- What does it feel like to allow that part of you to be present just as it is? No with-holding!
- When you share that experience I notice \_\_\_\_\_ comes alive for me in my body.
- I am really feeling you.
- Tell me more....I really want to hear and understand you.
- What else are you feeling or needing?
- I want to understand and feel what it's like to feel this with you.

- Thank you for sharing yourself so vulnerably with me.
- I feel closer to you now that you openly and honestly expressed what is going on for you.

## **Self- Care When the Other is Triggered. How to Stay Grounded, Centered, and in Your Heart**

- **SLOW DOWN.** This is always the most important thing to do.
- Breathe, Ground Yourself. Hands on body. Self- Connect.
- Empathically Shield Yourself. Imagine a boundary of light around your body and fill it with Source filled energy and light. See the other in theirs. **This is creating Energetic Boundaries**
- Say to yourself internally, “This is not my fault, this is not my responsibility to fix this.”-
- Give yourself Self-Empathy- Internally acknowledging your feelings and needs. Give self- assurance and self-soothing if you need it.
- Access Your bandwidth,: How willing or capable am I able to give empathy to the other right now? Do I need to self-care and set some loving compassionate boundaries?
- Do your best to breathe and be with whatever comes up for you and them.
- Watch your internal voice and stories when listening to the other- Give yourself empathy when you notice your empathy well getting low or you're getting triggered.
- If at any point you find yourself getting triggered: slow down, own it, and be vulnerable;
- Ask yourself inside: Where can I take responsibility for what’s being triggered for them? Own the consequences without empathically taking it on or overly taking responsibility.
- Stay in your heart. If you notice yourself wanting to defend or explain your side, or your noticing yourself checking out or shutting down call a “red love” Give them reassurance and come back to the conversation when you feel centered and in your heart.

## **Empathy Options (expanded list)**

**Eye gazing:** Establishing connection through shared presence

**Reflecting back feelings & needs:** .This is classic Compassionate Communication. What are the feelings and needs underneath the story? Did you hear them or do you need to guess?

**Embodied Empathy:** Going very slow, and feeling their emotions/needs in your body and reflecting back to the other how that lands for you. Pick & choose when you want to do this.

**Silent Reflection/Heart Empathy:** Imagine silently in your mind: what are they feeling and needing. Creates an energetic field of empathy.

**Weaving my own story with theirs** When you have a similar story or experience. This technique can provide safety and reassurance. However, Make sure to not make it about you! Come back to their story and experience. Weave how your experience was similar to theirs?

