



Self-Empathy

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Self Empathy is a process that occurs within ourselves. It begins with the awareness of being disconnected from our needs and moves us toward connection to the living energy of the needs that are alive in that moment. Here are the steps of self-empathy:

Step 1: Awareness of Disconnection. The feelings of anger, guilt, shame and depression are all signals of disconnection, the source of which is your own thinking & perceptions. Another related signal is the "jackal show" (what we are telling ourselves) that will likely be going on in your head. Connect to your uncensored jackal either in your head or in an environment where you are free to vent.

Step 2: Connecting to the feelings and needs. Describe the triggering event as a neutral observation. What are your body sensations and feelings? What clues is the jackal show giving you about your needs in the moment? Every judgment is a tragic expression of unmet needs. What's the unmet need?

Step 3: Mourning the unmet need. As you direct your consciousness to the unmet need, what feelings arise in you? Be with these feelings and with the awareness of the unmet need. Take your time ...

Step 4: Experience the beauty of the need. Once you have fully mourned the unmet need, now imagine the need richly fulfilled within you. What are you imagining? How do you feel as you imagine the need completely fulfilled? Be with these feelings and with the awareness of the need completely fulfilled. Again, take your time ...

Self-empathy: a process by which we transform jackal thinking (judgments, blame, etc.) into the connecting energy of feelings & needs

Acting out, repressing or wallowing in feelings: being focused on the feelings that result from our jackal thinking (judgments, blame, etc)

Self-Awareness

Self-awareness is the skill of being conscious of what is going on within your being in this moment. It is getting enough distance from our thoughts that we can notice them without getting caught up in them ... and have the space to notice what else is going on in us. It is being fully in the present moment. It is a pre-requisite of self-empathy. Some examples ...

- Body sensations
 - Pressure of what is touching one's body
 - Breathing & heartbeat
 - Tension, soreness, aching
 - Visual sensations (colors, shapes, location in space, physical objects, ...)
 - Auditory sensations
 - Olfactory sensations
 - Taste sensations
- Thoughts
 - Perceptions
 - Moral judgments
 - Diagnosis, problem solving
- Feelings
- Intentions, longings, desires, needs
- Choices that I am making

Self-Connection

Self-Connection is the skill of being conscious of your feeling(s) and need(s) that are present or alive in this moment. It is also being conscious of your intentions and the choices you are making in this moment.

Self-Compassion

In NVC, there are no mistakes. There are things you would have done differently had you known then what you since have learned. Every “mistake” is just an opportunity for learning. But it is difficult to learn when we are beating ourselves up about how stupid we are, or how we never can do anything right, or how worthless we are ...

Two parts of self-compassion:

1. **Mourning.** Empathize with that part of you that doesn't like what you did. Mourn the needs that were not met by what you did.

2. **Self-Forgiveness.** Empathize with that part of you that was trying to get your needs met by what you did. Connect to the needs you were trying to meet.

“Every action in every moment is trying to meet a need.”