

Self Care

When you're feeling uncomfortable feelings and sensations, you can soothe yourself.

1. Ask yourself: "What am I feeling?" - Be aware of feelings in the body, sensations, and thoughts that go with this feeling.
2. Describe feelings as best as you can, "I am feeling..."
3. Then say, "I am feeling (your words) and I'm OK"
4. Speak these words into the feelings and sensations in your body.
5. Then, if you don't feel OK, or you don't believe you're OK, ask yourself, "What am I needing now?"
6. Then breathe deeply and tell yourself, "As I am breathing deeper, I am becoming (your need)."
7. Also, if you need to physically do something to take care of yourself, do so!

Empathy

When you practice empathy you are creating a safe place for whatever you or someone else is experiencing. There is no intention to change or fix what is being offered. We are learning to receive and value what is alive in ourselves and in others.

Give empathy to yourself:

- Remember what stimulated you. This might be something someone said to you or your own judgment of yourself. Example: "I should have done a better job."
- Use the feelings and needs list to help identify feelings and needs that are stimulated.
- It can be helpful to think or speak to yourself, "I feel _____ because my need for _____ is not being met."
- Notice how you feel when you identify these feelings and needs.
- Repeat the process.
- Watch for some kind of settling or shift in yourself to indicate something important has been seen and heard.

Give empathy to another person:

- State your observations or repeat the stimulus they've shared.
- Guess their feelings and their needs,
"Are you feeling _____ because you're needing _____?"
- Listen to their responses and repeat the process.
- Watch for some kind of settling or shift in the person to indicate something important has been seen and heard.