

Relating with
JOY!



Self Empathy Guide



Guidelines for Self Connection to help you find clarity of your needs in triggering moments.

Time: 15-30 minutes

Preparation: Notebook + Pen + Feelings & Needs List

What happened?:

5-10 minutes of automatic writing about what has just happened which you now feel triggered or upset with in some way. Let yourself write freely, describe the event and let ALL the judgments out onto the paper (or record yourself an audio message)

Find the Trigger:

Looking through your text, find the 1st moment that you felt triggered in the conversation / event. What did the other person say or do? OR what did you say or do? Finding concrete actions or words will support you to have more clarity later on in the process.

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How do you feel:

Using the FEELINGS list, look through the words on the list and choose 3-5 words which best describe how you feel about that moment when you felt triggered.

You may be tempted to use words which are NOT on the list such as "manipulated / misunderstood / disrespected" notice that these words which we USE as feeling are actually THOUGHTS about what we imagine the other person is doing to us, rather than describing how YOU actually feel emotionally, physically in your body. Connecting with your OWN emotional response will help you to get clearer on your own needs and values in this situation.

What are your needs / longings / desires / wishes:

Using the NEEDS list take your time to look through and circle up to 6 words which resonate with you now. Then Pick 1 or 2 which feel very important to you in this moment. Stay with these words for a moment and see how they impact you and why they are important to you.

Then follow the "Exploring my Values" Meditation in the next step.