

6 MINUTE EXERCISE WITH ELEMENTS OF EMPATHY HANDOUT

Structured, focused practice with Presence, Understanding, & Needs [plus 3rd chair awareness]

With your dyad practice partner, decide who will be the Speaker first and who will be the Listener. [See Elements of Empathy handout if you have not already]

Before starting, both of you, if you would like, can take a few breaths or more of Self-Connection Practice (SCP). As part of SCP you can be aware of the space around you as well as the energy/aliveness of inner space, which is a way of practicing *being* the 3rd chair of awareness.

1. Presence Practice – 2 minutes

When the Speaker is ready, start speaking. Speaker, what in you wants to be expressed and heard in this moment? Both Speaker and Listener then practice presence within, with each other, and with the physical space surrounding you. You can alternate focus on each of these levels/dimensions of awareness, and you can also try being aware of all 3 levels at the same time.

2. Understanding Practice – 2 minutes

After 2 minutes of Presence, see if the Speaker is ready for reflection by the Listener of the essence of what they heard the Speaker say. Listener, see if you can continue to practice presence while you reflect back understanding of what you heard, and see if you can allow your words of reflection to flow effortlessly from presence, i.e. let go of pre-thinking what you're going to say to reflect understanding. Speaker, clarify understanding of your words and continue speaking from what wants to be expressed in you.

3. Needs – 2 minutes

After 2 minutes of Understanding, see if Speaker is ready for reflection by the Listener of needs, and connecting their perceptions, thoughts, and feelings to underlying needs. Listener, see if you can continue to practice presence as you do this. Speaker, clarify the language of needs that resonates for your experience and continue speaking from what wants to be expressed in you.

4. Debrief and Feedback – 2 minutes

After the 6 minutes of speaking and listening, share how the experience was for each of you. How was the process of practicing the Elements of Empathy in this way as the Speaker and as the Listener? What insights or learnings did you get? What questions came up? You can also give feedback. What specifically (i.e. observation) did the other do that was helpful and beneficial to you (i.e. your feelings and needs met)?

Switch roles of Speaker and Listener and repeat steps 1-4.

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