

Empathy Home Group

A group that meets every day throughout the course

The group meets to fulfill the need for contact, fellowship, support, empathy and more.

We suggest that you start each meeting by answering the following four questions:

1. Are you emotionally OK?

The question can be answered briefly with everyone in the group holding a thumb up - upwards if you answer yes to the question, and down if you answer no to the question.

The question can also be deepened by each person saying a sentence or two to express what's behind the thumbs up / down.

2. Do you work with what you want to work with?

Again, it can be answered very briefly with a thumb up or down.

Or it may be accompanied with a few sentences.

Note that the question is about here and now in the workshop, and not about your job situation. You might speak about your job situation after having gone through the 4 questions.

3. Do you have the relationships you want?

As above, you can reply briefly with your thumb, or elaborate with a few sentences.

Again, the question is about here and now in the workshop, and not the rest of your life. The relations in the rest of your life can be talked about after having heard all in the group answer the 4 questions.

4. If you answer no to any of these questions, is there anything you want to request?

Your request may be of your Empathy Home Group as a whole, one of members of your Empathy Home Group, for of others, a trainer or of yourself.

Once the four questions are answered the group can use the rest of the time of your own choice. That could be for example a) empathy for those who wish, b) sharings about the topics that have been worked on during sessions, or c) sharing ideas and wishes in relation to NVC.

If one member of the group is not thriving, the whole group needs support from outside – it is not only a personal problem. We invite you to sense yourself in the group and check if you experience a warm supportive community, where you have the opportunity both to contribute to others, and also receive the support you want. You may at any time ask for support and guidance from a trainer or assistant.