

## Self-Empathy exercise with support

### *Need, feeling, body*

The purpose of this exercise is to get to know the needs at several levels, mentally, emotionally and physically

The exercise is done 2 by 2.

A is the first to work with a need.

B asks the following questions, and write down the answers. The paper can be given to A at the end.

B say back the answers from A, when A is silent, and gives a little time to see if there is more A wants to say. B is serving as a mirror, and says it back exactly the way A said it.

A gets the experience of connecting inside, expressing it, and hearing his/her own words back.

1. Choose a need that you want to give more space in your life. Write it here  
\_\_\_\_\_
2. Find a situation where this need for \_\_\_\_\_ was met – maybe just a little or short time. A connects with the situation, but don't say it out loud. Give a sign to B when A feels the experience of the need being met.
3. How does it **feel** to be in contact with the need for \_\_\_\_\_ in this situation?  
(feelings)
4. What do you **sense** in your body? (body sensations) It is OK if A mixes feelings and body sensations.
5. What would it mean to you if this need for \_\_\_\_\_ would be fully met? How would that change your life, your world?
6. What do you **sense** in you body **now**, when you imagine your life changed?
7. What **feelings** do you have **now**, when you imagine your changed life?

A get's 1-2 minutes of silence to integrate the experience.

If A has an inner picture of the situation, where this need was fully met, A might want to write or draw an expression of this image in order to be able to recall it later on.

Both A and B keeps silence until all has finished and you are being guided to the next step.

Then switch roles.

When both have made the exercise, you have a few minutes of exchange about how it was for you to do this exercise



**Change** is possible

With inspiration from Robert Gonzales

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