

What is empathy in Nonviolent Communication?

- *It is a divine energy that is always available to us, and that can flow through us, when we focus on life itself, as it expresses itself through needs.*
- *This energy might become more available in us when another person gives his/hers presence to the life in us.*

Listen with empathy to another person:

Presence	Give full attention to the life in the other person
Focus	On here and now On life (feelings and needs)
Words	Only to confirm connection For myself For the other
Understanding	Understanding what it is like to be in the other persons shoes
Interrupt	Interrupt in order to bring back connection with life here and now
”Stay there”	Until there is a relief, or the other person becomes silent

Requests, solutions, strategies comes later

You can listen in a similar way to yourself – self-empathy

*Empathy is a need
Empathy is not a universal lubricant*