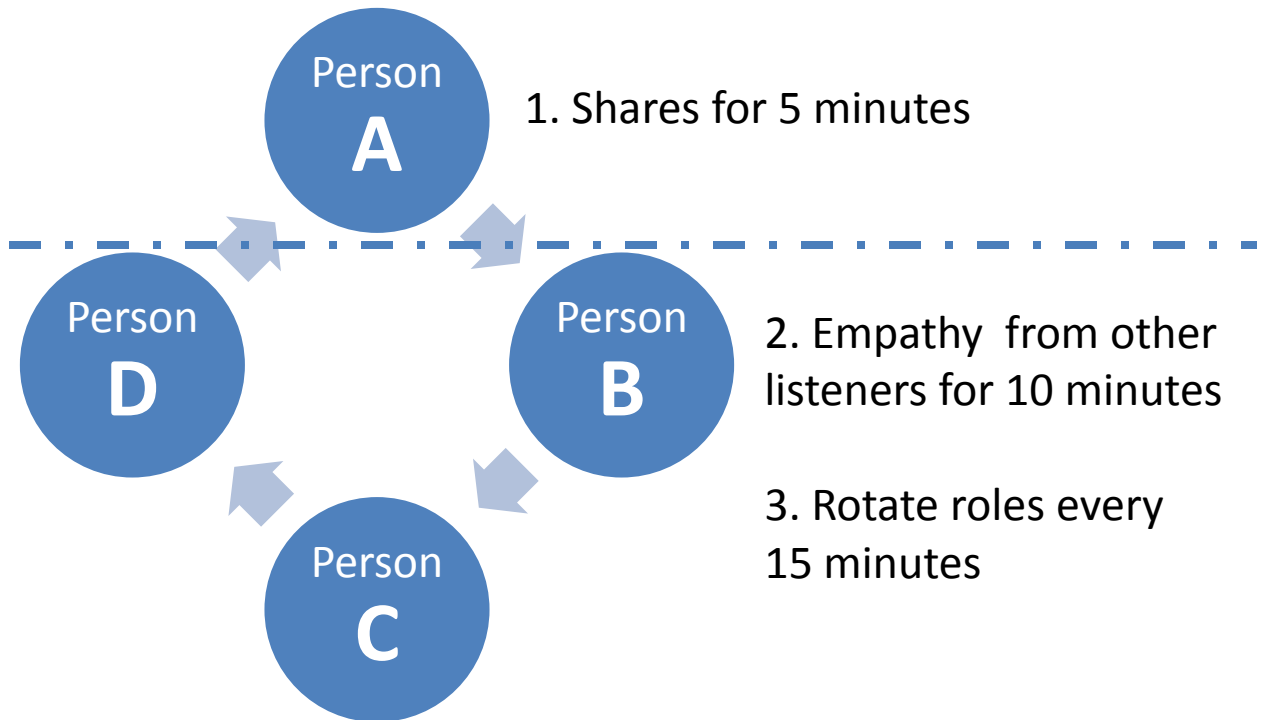




Kirsten Kristensen

Kommunikation for Livet

Empathy for moments of joy



- **Person A** shares about an experience of joy, happiness, beauty for 5 minutes. Allow yourself to be touched again by the experience.

- Persons B, C, D offer empathy to **Person A** in this form:

“Could it also be the need for ...?”

- **Person A** listens and take in the offers that fits, and let offers that don't fit flow by.

A can indicate how the need words lands, but do NOT begin sharing again.

- Switch roles after 15 minutes
- Groups of 4 people is suitable

With inspiration from Antje Hansch

Kommunikation for Livet ApS

Kobbelvænget 24, 7100 Vejle