

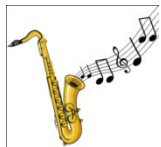
Self-Empathy (Rosenberg Classic)

What am I Observing, noticing?



Am I (Feeling) _____ ???

- | | | | |
|-------------|---------------|---------------|----------------|
| • Happy | • Relieved | • Sad | • Jealous |
| • Joyful | • Peaceful | • Afraid | • Unhappy |
| • Grateful | • Centered | • Anxious | • Disappointed |
| • Touched | • Relaxed | • Upset | • Discouraged |
| • Hopeful | • Content | • Worried | • Bored |
| • Excited | • Pleased | • Embarrassed | • Lonely |
| • Delighted | • Comfortable | • Hurt | • Guilty |
| • Inspired | • Satisfied | • Depressed | • Ashamed |
| • Amazed | • Alive | • Cranky | • Torn |
| • Enchanted | • Passionate | • Annoyed | • Suspicious |
| | • Compassion | • Resentful | • Vulnerable |
| | | • Angry | • Frustrated |
| | | • Confused | • Numb |



because I Need _____ ???

- | | | | |
|-----------------|-------------------|-------------------|-----------------|
| • Survival | • Autonomy | • Well-Being | • Regeneration |
| – Sustenance | – Freedom | – Healing | – Rest |
| – Shelter | – Choice | – Peace | – Celebration |
| – Procreation | – Creativity | – Balance | – Mourning |
| – Nurturance | – Empowerment | – Ease | – Leisure |
| • Protection | • Interdependence | – Trust | – Play |
| – Security | – Cooperation | • Empathy | • Transcendence |
| – Safety | – Community | – To be known | – Presence |
| – Justice | – Inclusion | – Understanding | – Beauty |
| – Respect | – Mutuality | – Connection | – Harmony |
| – Consideration | – Support | – Acceptance | – Flow |
| • Meaning | • Honesty | – Affection | – Space |
| – Purpose | – Authenticity | – Acknowledgement | – Hope, Faith |
| – Contribution | – Self-Connection | – Intimacy | – Life |
| – Competence | – Self-Expression | – Love | |
| – Integrity | – Clarity | | |
| | – Learning | | |

What can I Request to meet needs?

Self-Empathy (Mackenzie Wrap)



Story: Describe *the moment* an intense emotion was felt

What are you telling yourself about it?

Observations -Judgments	Feelings	Needs

Request: What strategies can I identify to meet needs?