



yoram mosenzon
connecting2life.net

Empathy Buddy

Aim:

- “Emotional hygiene”
- Practicing Empathy
- Practicing exercises we did in the sessions
- Taking situations from our life to get more inner clarity with

Time Structure:

10-60 minutes.

☼ Recommendation: Keep an alarm clock to signal shifts and end of session. Even if it stops you in the middle of the sharing or process- keep the structure and move to the next step.

* In my experience, having clear time structure, can support the stability and continuation of this practice (many times I went over the agreed time, because it was “so alive”, and yet, I noticed this tends to build up some frustrations and exhaustion, which led me to not wanting to do these calls anymore... which is a pity).

Call Structure:

Choice between 05-25 minutes per person:

→ Option 1: Do an exercise we did in the course:

In your time, you can ask your partner to practice with you any of the exercises we did in the session, and/or, to take a concrete situation from your life where you need more clarity with, and work with it (for example, in the form of a Role Play: that you can celebrate your jackals and your Partner will empathize with you, or using the 4 Steps (you can download from my website) to explore a certain situation from your life)

→ Option 2: Emotional Hygiene:

Speaker: Shares- what bother you? What is on your heart/mind? What is your authenticity (moment by moment by moment- whatever is there)? This is time for yourself. You do not need to be ‘interesting’. It is truly time for you to get attention. If no words are coming- you can receive attention in silence.

- If a specific situation is bothering your heart, then this could be an occasion to process it.



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Listener: You don't need to help them, you don't need to solve their problem, you don't need to do it good, you don't need to 'complete the process'. Your main job is to be present, hear, attempt to understand their humanness and be with them in what they are sharing. If you give them an ear, this is probably the biggest gift a human being can give to another fellow human being.

The base is- Silent listening. And, whenever you want, you can offer a Reformulation (you can stop them at any time and tell them: "Can I check if I understand you well so far?" and then reformulate, finishing with: "is it?"). In your reformulation, you can search the alive Feelings and Needs behind the words (meet the human behind the words- what is their actual experience behind the story?).

→ If wanted: 5 minutes short debrief- **listener** shares what touches your heart and how it was for you to listen (what you learned from it). **speaker** shares how it was for you to be listened to in that way.

→ Change roles, the same process the other way around.