



Self- empathy

Movie in my head: my thoughts, moral evaluations, interpretations etc.:

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Observation: When I see/hear, that you /that I / that certain people

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Feeling: I feel

.....

Need: because I need

.....

Request: Would I be willing to /would you be willing to / (these people be willing)

.....

.....



Empathy for the other one (this does NOT mean that I approve of their actions)

Your observation: When you see/hear, that you /that I / that other people

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Feeling: do you feel

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Need: because you need

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Request: Would you like me to do (this does NOT mean that I will do it) / certain people

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Self-expression

Observation: When I see/hear, that you /that I / certain people

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Feeling: I feel

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Need: because I need

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Request: would you be willing to (might be helpful to go for a connection request: Are you willing to tell me what you heard me saying? How do you feel hearing it? This can also be the request to these certain people)

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