

# Self-empathy Worksheet

## From Anger (or Fear, Shame, Sadness) to Awareness of Needs

1. **Observation** What did the person say or do that triggered my reaction?

---

Describe it without judgment, the way a video camera would capture it.

2. **Judgment Out** What are my judgments about the person?

---

3. **Judgment In** What are my judgments about myself?

---

---

4. **Feelings** What are all the feelings that I can detect?

---

5. **Empathy In** What did I want in that situation? What did I need? or What were my intentions?

---

---

6. **Empathy Out** What might the other person need?

---

7. **Request** What is a specific, doable request I can make of myself or the other person?

---

### Truths to remember

"My intentions were good. If the consequences were bad, that means I used a mistaken strategy."

"Making mistakes means I'm human, not worthless."

"I learned a poor strategy. I can learn a better one."