

SELF-EMPATHY FILL-IN SHEET

Intention

Attention

NEXT STEP / STRATEGY?

So I intend to....

(Check: is it specific, measurable etc?)

5

NEED?

... .because I need / would like / would have liked...

4

Feeling?

I feel.....

3

OBSERVATION?

When I see / hear...

2

Listening to my judging & blaming

1

Start here

Present

Connection

