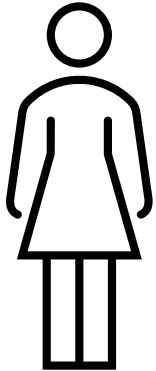


**Self Empathy when a Stimulus is Internal (or External)**  
**Self-connecting with Journaling**

Journaling can be a powerful tool in getting self-connected in/around a life stimulus. A stimulus is simply something that happened that we have a reaction to; it can also be a thought. Journaling helps us pause, to become more aware of our learning edges, judgments, and reactions so that we can make conscious choices on living our life in alignment with our values. It can help us grow and to track and celebrate our growth. It gives us clarity on next steps (e.g. do-overs, expressing regret, listening, self-expression). In short, it's a place to practice living a values-based life with care for all needs.

**Practice (Internal Stimulus)**

What I did/said/thought	What I would have liked to have done/said/thought (fill in last)	Reflections
Date:		


My Situation or Story (in 40 words or less)	Self Connection: Self Empathy (focus on self)	Body Sensations
	Observations (what was said/heard)  Feelings (emotions, body sensations)  Needs (fundamental longings tied to our life energy)  Requests (specific, doable, positive, present request for which we are willing to hear a no)	
Self empathy (natural language)		

**Observation** tip: that which can't be captured in a video is an interpretation or evaluation of what was said or done, not an observation. Think of it as a quote or as something you could physically repeat. **Request** notes: Specific: A bit tongue in cheek, but could an alien do it if asked? Positive: says what we do want rather than what we don't want. Present: not "will you love me forever?" but more like, would you come out for a coffee tomorrow? Can receive a no: the ultimate test of whether something is a request, not a demand, is if we can hear a no with curiosity and empathy.

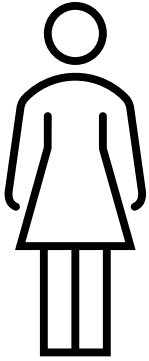
## Practice (External Stimulus)

### Part 1: Self Empathy

What I did/said/thought	What I would have liked to have done/said/thought (fill in after Part 2)	Reflections
Date:		

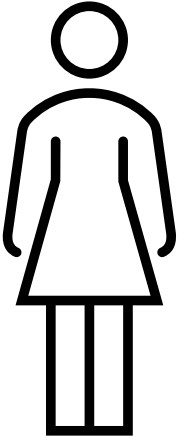
My Situation or Story (40 words or less)	Self Connection: Self Empathy (focus on self)	Body Sensations
	Observations  Feelings (emotions, body sensations)  Needs  Requests	
Self-empathy statement		

### Part 2: Humanizing - Empathy for others within myself (sensing what is alive for the other; it may or may not reflect their reality).

Their Story (also brief)	Self Connection: Humanizing (focus on other)	Body Sensations
	Observations  Feelings (emotions, body sensations)  Needs  Requests	
Empathy Statement		

## Practice (Celebrations)

We can also use journaling to celebrate and to express appreciation.

Celebration / Appreciation / Gratitude	Reflections
Date: Observation  Feeling  Needs met  Request, if any (e.g. how is it to journal on or, if we share it with someone else, how is this to hear?)	
Celebration statement	

\* Thanks to Anne Roley for asking for a space for somatic experiences and to Luis Diaz for suggesting a human body figure. The somatic element is now more explicit, as a result.

I welcome you sharing these journaling tables as part of your personal learning journey if you include the copyright and contact information. For business use, such as in trainings, or for information on collaborative communication training, please contact me at [elke@process-works.ca](mailto:elke@process-works.ca).