



EMPATHY WORKSHEET

What I've learned along the way is that before you give something to others, you must first know that you deserve it yourself, and you must not extend to the point that you pull yourself out of alignment and break. You can extend, but it's over-extending that will create an unhealthy situation.

In life, it is so important to know what you deserve and to remain connected to yourself because it serves as the foundation for how you engage with life and everything in it.

Empathy, by definition, is the ability to understand and share the feelings of another. The literal definition doesn't make me feel anything, and I've discovered that empathy is mostly a feeling.

To truly understand empathy, you must feel it. I heard it described beautifully in this way: "Think of empathy in the context of food... Pity is feeling sorry for someone that is hungry. Sympathy is bringing someone food that is hungry and eating with them. Empathy is feeding someone that is hungry before you feed yourself."

Empathy is sacrificing your own understanding, needs, and ego in order to open your heart and feed someone spiritually. It is not just listening, but hearing someone, and responding in a way that demonstrates that you hear them, understand them, and care about them. At its greatest, empathy cultivates deep connection by building trust and fostering a sense of belonging and acceptance.

Reflect on the times in your life when someone has shown you empathy. *Write down how you felt and what it meant to you here:*

Now, think about all the times that you have shown empathy to the people in your life. In exploring how you lend empathy, notice if there is any dysfunction that surrounds it. Do you constantly sacrifice your own needs in order to build those up around you? Are time, energy, understanding, forgiveness, love, respect, encouragement, honesty, and loyalty elements of your heart that are constantly extended to others, but rarely ones that you extend to yourself? *Write down all the ways that you extend empathy to others, but not to yourself here:*

How can you show yourself more empathy?
