

## **THREE LAYERS OF EMPATHY**

Empathy is being with another with compassion, connecting to the humanness of their experience. Empathy is the silent presence with another, not the words we use. We can express our empathy and some possible ways to express empathy are included here.

### **ACKNOWLEDGING another's experience**

Reflecting: Observation, Feeling, Request, and/or Wish

*NOT*: blame, criticism, or evaluation

*"(Something) happened."*

*"You are upset."*

*"You wish (something different) had happened."*

*"You would like (something)."*

### **Connecting to the CAUSE of the feeling (the need)**

Connecting to the universal need/value that the feeling is reflecting, making no reference to any specific person (including myself) doing any specific action. Notice there is no reference to "I" or "me" at the causal level.

*"Are you feeling \_\_\_\_\_ because (need) is important to you?"*

*"Are you valuing (need)?"*

*"So for you, (need) is important."*

Some examples of "need" words: security, cooperation, fun, creativity, love, respect, freedom, healing, understanding, belonging, awareness, etc.

### **SAVORING the need**

Being with the value of the need.

Connecting to the internal resource and universality of the need.

*"Ah, (need)"*  
*Space / Silence*

Based on the work of Marshall B. Rosenberg, author of Nonviolent Communication

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