

The



Process

EMPATHY NOTES FROM MARSHALL ROSENBERG. PH.D.

OCTOBER 1ST 2003 TAKEN BY PAN VERA

The Empathy Process

GO WITH THE DIVINE FLOW



The Empathy Process

GO WITH THE DIVINE FLOW

PRESENCE

Your presence is the best
gift you can give a friend
who is in pain.

Don't fix.

Just be
there.

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FOCUS ON WHAT IS ALIVE
NOW



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VERBAL REFLECTION
ONLY FOR CONFIRMATION OR
CONNECTION



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POST EMPATHIC REQUEST



Empathy is not mental, it is not an intellectual understanding, which will block empathy

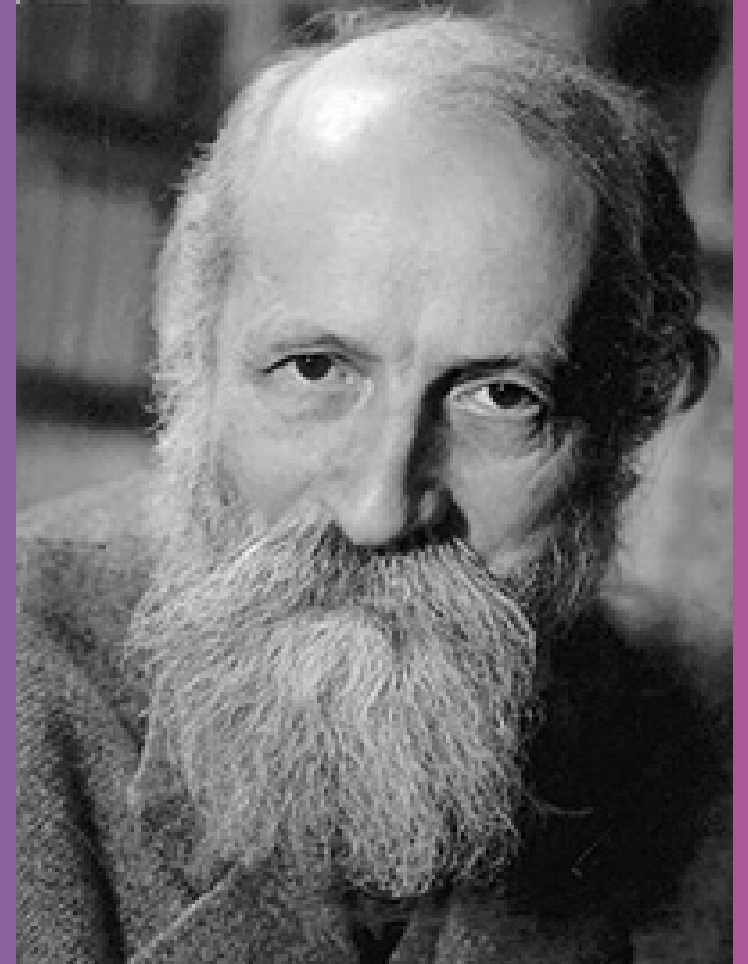
it is more like riding a surfboard, finding the energy in a person and riding it.

We want to empty our mind and listen with our whole being.



“When two or more are gathered in my name, there I am.” Empathy is connecting to a Divine Energy.

Our full presence is the greatest gift one can give
(Martin Buber)



Any understanding you have of a person will block the flow. “Knowing” blocks the energy, so bring nothing of the past.

The present moment is a unique sacred event. The more we talk about the past the less healing takes place.



Never hear what the other person thinks, or what they are saying. Only hear what they are observing, feeling, needing and requesting.

Instead attend to the Divine Energy coming from the person by connecting to the feelings and needs coming from the person.

Remember that their words are a crude map and you are looking for the territory.



Do not try to lead them to a place, but just reflect judgment into an expression of need.

Translate, not lead.

Trying to be “right” is being a giraffe parrot.

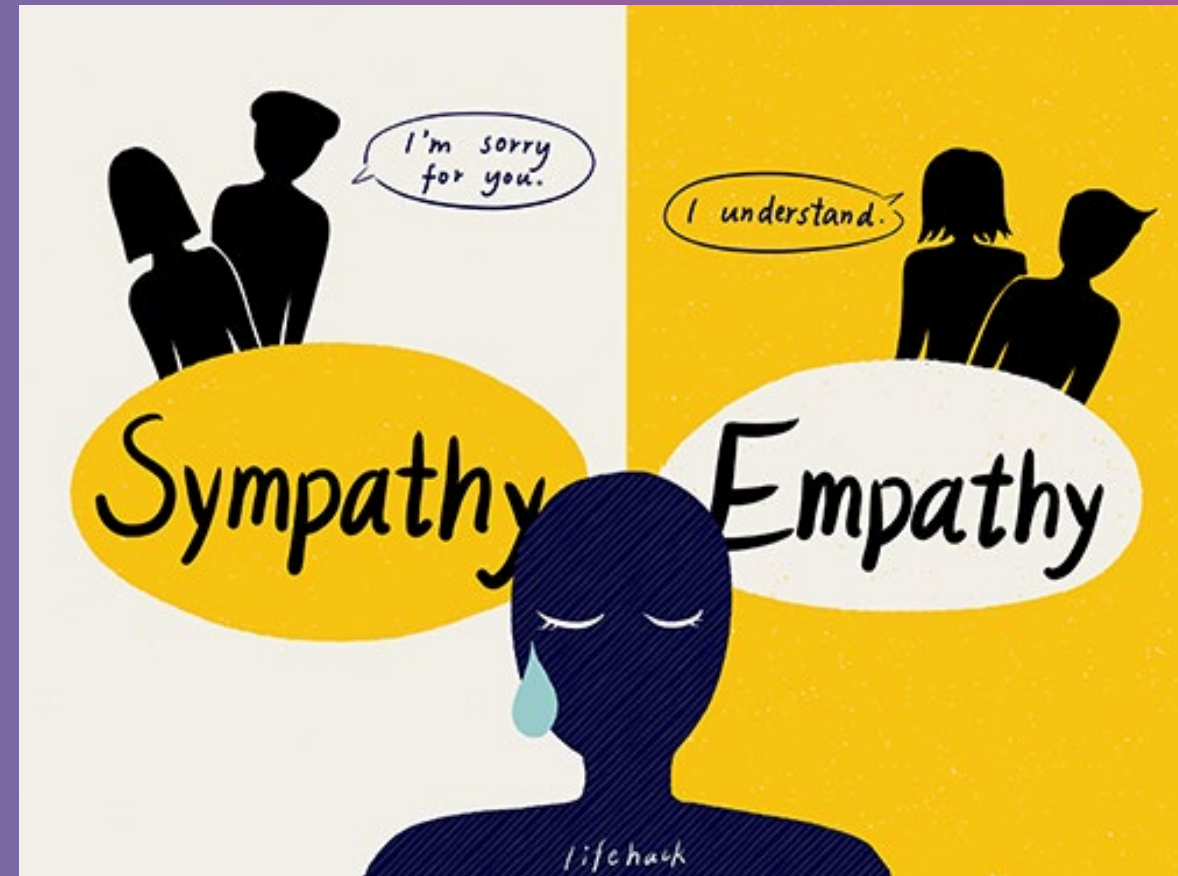
If they are telling a story, jump to what is alive now about that story.



When I am noticing my feelings, I have lost connection with the other person.

If you are overwhelmed ask for a break to deal with your issues before you go on.

Know this is a sympathetic reaction, let it go and return to the person or ask for a break.



There are only two reasons to say anything:

1) To confirm what I am hearing.

2) To help the person know they are heard.



Reflect back
messages that
are emotionally
charged.

Paraphrase only
when it
contributes to
greater
compassion and
understanding.



Staying with empathy we
allow speakers to touch
deeper levels of themselves.

Marshall B. Rosenberg

We know the speaker
has received
adequate empathy
when we sense a
release of tension or
the flow of words
comes to a halt.



Almost always after empathic connection people will want a post empathic request. Often they ask for advice,

Marshall says,

If they say, “Tell me what to do.” I joke

“Only if you do it without question and you don’t complain when it ruins your life.”

