

How To Deal With Ourselves When We Are Less Than Perfect

(Based on Marshall Rosenberg's Self-Empathy Process)

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1. Think of a **stimulus** -- something you did that triggers you to not think kindly of yourself. A time you made a "mistake." Write down what you said or did.
2. Recall what you **said to yourself** or what you guessed you said to yourself when you made the "mistake." Write down as much as you can remember.
3. Mourn
 - a. (Distinguish between **mourning vs. blaming**. Mourning is full attention focused on needs. It allows me to learn when I'm not acting in harmony with my values. Blame comes from the concept of "wrongness".)
 - b. Put full attention on needs
 - c. What need(s) or value(s) of mine were not met? I want to mourn when I don't act in harmony with my values/needs.
 - d. I want to look for the good reasons why I did what I did or didn't do (Need(s) I was hoping to meet). When one empathizes, there is no need for forgiveness because we see the beauty in what we were trying to do. Most necessary step for social change is to see good reasons people do things I don't like.
 - e. Sometimes the needs we were trying to get met don't get met. Sometimes they are met at a high cost.
4. When **both needs** are in mind, learning can happen. How could (not "should") I have gotten both needs met? Needs are not in conflict, though I may not be creative enough in this moment to come up with strategies to meet all needs. I don't know how to yet (rather than "can't").
5. Speed up learning by keeping a **jackal book**: You can note stimulus/situation, need(s) unmet, good reasons for doing it, then write "how I could meet both needs...".
6. Self-empathy is seeing the **truth of what needs** were motivating our actions. It is not looking at the world through rose-colored glasses. It is being honest so I can learn in ways that may help me find a **different strategy next time** to meet all needs.

Self-Empathy

Why bother doing self empathy?

- It reconnects us to our life's dreams/yearnings- our feelings and needs
- It provides learning regarding how to better meet our needs
- It connects us to our vision and energy from which we choose to live
- It allows us to connect with others

Process:

1. Identify trigger
2. Watch the jackal show (evaluative thoughts you tell yourself) -- allow it to be without judgment
3. Identify feelings
4. Identify needs
5. Mourn unmet needs (loss of the dream, connection, caring, protection, what was valued, understanding, to be seen authentically). Articulate the dream: "I wished...", "I wanted...", "I yearned for...". The more clearly you can state the dream of what you ache for, the more profound the connection)
6. Empathize with the needs you were trying to meet -- see the good reasons we did what we did (or didn't do).
7. See beauty of the needs/connect with life energy of needs. Truly connect with the power of the "YES!" What am I saying "YES!" to?
8. Make requests/actions of self and others to realize dream

Hands on / personal journal work:

- Choose a situation where you are triggered
- Go through each step of process above (you can leave space between jackal thoughts to go back and insert translation into feelings and needs)
- Share writing or talk it through

Choosing reconnection because...

1. I'm not willing to give up either person's needs, so I'm staying with the dance
2. I believe in third way - a way where it is possible to meet both needs · (This is a mentality that there's enough abundance/creativity)
3. I want to connect with Soul Force/personal power
4. I want to restore full humanity to both parties
5. I want to appreciate the power of dreams that sustain us from the inside. I want to reconnect with the dreams we ache for.