

# NVC Academy Course - The Empathy Factor Worksheet

## Exercise 1: Session 1 "Lunch Date with Bob"

KEY PRINCIPLE #1: \_\_\_\_\_

---

SITUATION	MY FEELINGS	MY THOUGHTS
Bob said "12 p.m. lunch is OK at Tobey's Grill."	Irritated Annoyed	"He's rude."
_____	_____	_____
12:25 p.m. No Bob No messages	_____	_____
_____	_____	_____
_____	_____	_____