

Empathy Practice Work Sheet

“HONORING FEELINGS”

Dr Sterling G Ellsworth

*

THE
WORST

THE
BEST

Example: “Please pass the butter”

<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
negative self response (wrong)	another love supply <i>not</i> empathy (trying)	empathy to <u>externals</u> only (closer)	deep empathy to a <u>feeling</u> similar to the one expressed (very close)	deep empathy <u>accurate</u> to the feeling expressed (Bingo)
Example: “ You don’t need butter, you’re too fat now”	Example: “I’m glad you know what you want.”	Example “You’ve run out of butter? Or: your butter is all gone?”	Example: “You’d like some butter?”	Example: “Butter would taste so good in your mouth.”