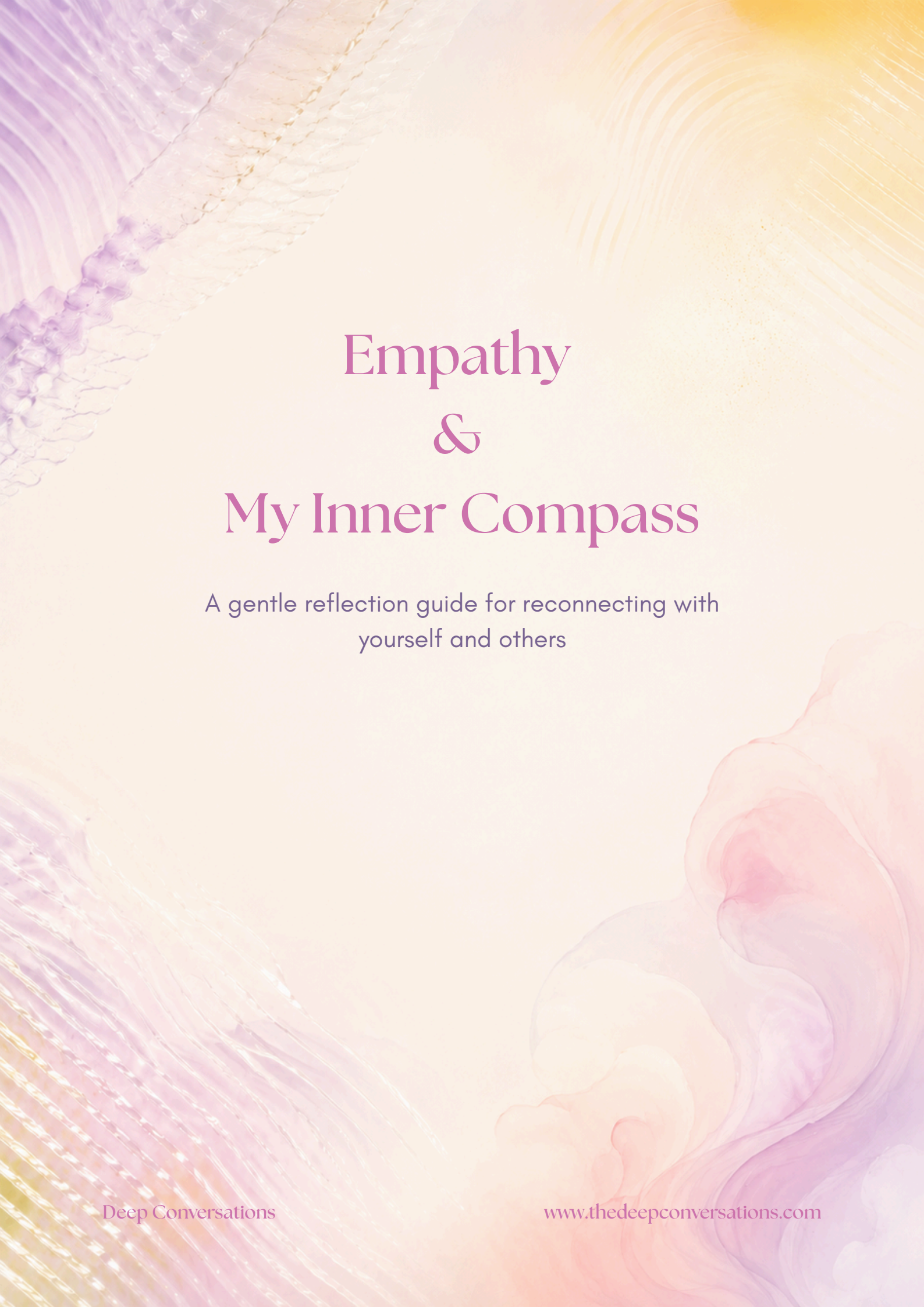




Empathy & My Inner Compass

A gentle reflection guide for reconnecting with
yourself and others

A gentle *beginning*

Sometimes empathy begins with slowing down. Before we can understand others, we need a moment to notice what is happening inside us. This guide invites you to reflect on how you experience empathy – towards yourself, towards others, and in the spaces between.

OPENING QUESTION

How do you experience empathy in your life?

1. When do I feel deeply understood?

2. When is it easy for me to offer empathy?

3. When does empathy feel difficult or tiring?

4. Do I give myself the same understanding I try to give others?

Three gentle reminders about *empathy*

1.

Empathy begins with noticing

Before we connect, we pause and notice what is present in ourselves and in the other person.

2.

Empathy needs to be given and received

Empathy is not only something we offer. It is also something we allow ourselves to receive.

3.

Empathy can deepen connection

When empathy moves both ways, it creates trust, understanding, and a stronger sense that we are not alone.

A small pause can become a deeper connection.

My empathy *Compass*

A simple check-in for reconnecting with yourself and others.

Towards myself

Where do I need more
kindness or
understanding?

Boundaries

Where do I need to stay
connected without
losing myself?



Towards others

Where can I listen
more openly?

From others

Where do I need to let
support in?

Closing *reflection*

What am I already doing right towards others and towards myself?

1. Where am I already showing care?

2. Where am I already listening better than before?

3. What is one small way I can offer empathy this week?

4. What is one small way I can receive empathy this week?
