

After reviewing the worksheet introducing you to Empathy Blockers, you can use these cards to develop an awareness for when empathy is being blocked by a habit described on any of the cards. If you are the Listener, display blockers you are prone to. If you are the Speaker and the Listener says something that fits with a blocker, simply offer the card to them without judgment to help get the process back on track.

<p>Consoling “It wasn’t your fault: you did the best you could.”</p>	<p>Correcting “That’s not how it happened.”</p>	<p>Denial of Feelings “Don’t waste your time or energy feeling ____.”</p>	<p>Analyzing “You’re reacting like this because ____.”</p>
<p>Educating “This could turn into a positive experience if you just ____.”</p>	<p>Interrogating “Who else was there?” “When did this begin?”</p>	<p>Minimizing “This isn’t so important.”</p>	<p>Diagnosing “The problem is that ____.” “Your problem is you’re ____.”</p>
<p>Reassuring “It will all be okay.”</p>	<p>Shutting Down “Let’s cheer you up by ____.”</p>	<p>Story-Telling “That reminds me of something I heard....”</p>	<p>One-Upping “Wait until you hear what happened to me!”</p> <p>Sympathizing “Oh, you poor thing!”</p>

pause for
silence

On the next page are cards representing the Four Chairs and the NVC Tree of Life.

One way to use the Chair cards is to lay them out in front of the Speaker, who places Feelings cards with each Chair. Then, the Speaker can offer Needs cards to correspond to the Chairs and Feelings.

One way to use Tree of Life cards is to help focus the process. If I am the Speaker, do I want to focus on myself or another person?

Chair 1

Voice of
Anger & Blame



“There’s a problem,
and it’s *your* fault.”

Chair 2

Voice of
Guilt & Shame



“There’s a problem,
and it’s *my* fault.”

Chair 3

Voice of
Self-Empathy



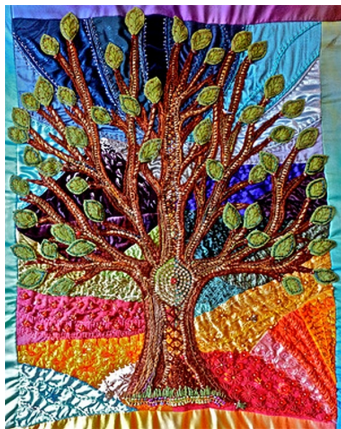
“What are *my*
feelings and needs?”

Chair 4

Voice of
Empathy



“What are *your*
feelings and needs?”



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Humanizing

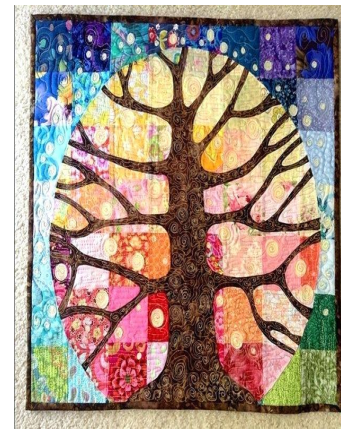
Opening my heart to
what is alive in/for
another person.



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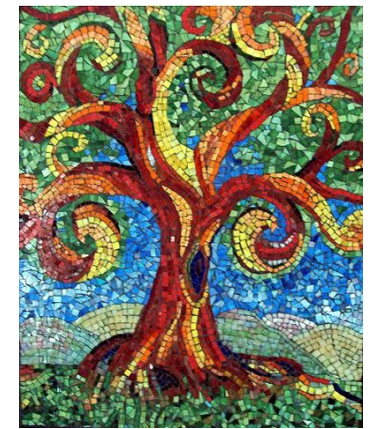
Self-Empathy

Opening my heart to
what is alive in/for me.



Empathy

Connecting with
what is alive in/for
another person.



Self-Expression

Communicating what is
alive in/for me.