

# Self-Empathy

(aka "What We're Bringing into the Room")



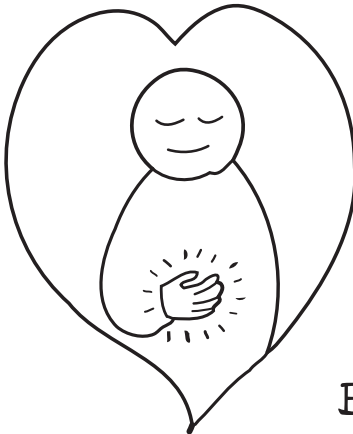
**1. Thoughts** - Touching our head and Naming stories, judgments, interpretations, and beliefs we're holding.

Take a DEEP breath!

**2. Feelings** - Touching our heart and Naming the present body sensations and emotions we feel.



Take a DEEP breath!



**3. Needs** - Touching our belly and Naming the Needs underlying and being expressed through the Thoughts and Feelings.

Breathe and center

**4. Requests** - With hands open to receive, Naming any Request for Action that arises out of connecting to the Needs.

