

Empathetic Concern

Download the training guide for this exercise:

<https://www.pdx.edu/sites/www.pdx.edu.civil-dialogue-committee/files/Learning%20Empathy%20Training.Final.pdf>

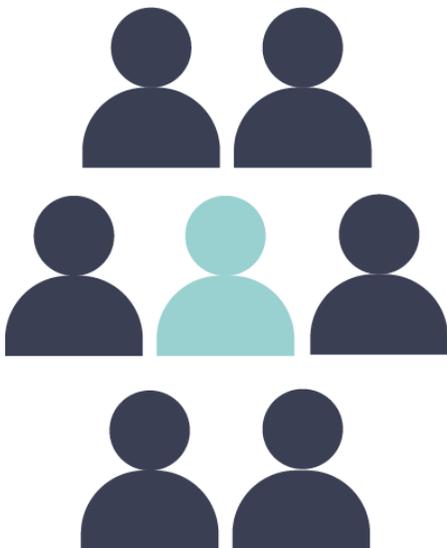
The purpose of this training is to assist with empathetic civility. However, Exercises 1 and 3 have general applicability to enhancing one's empathetic concern for others and oneself.



Exercise 1

In small groups, students write down a conflict, place in a pile and then read a conflict that is not their own as their own. Other students give advice on how the conflict can be resolved. They reflect and discuss the following questions.

1) How did it feel to take on someone else's conflict as your own? 2) How did it feel to hear someone else living your conflict? 3) What was it like giving advice on your own conflict?



Exercise 3

In small groups, students come up with something for which they may be unduly hard on themselves about. The other group members give empathy to the speaker by connecting a feeling and/or need. Students reflect upon and discuss the following question.

Would you be willing to give yourself the same kind of empathy that you just received the next time your inner voice of negativity acts up?