



Holiday empathy

What is the price of holiday traditions?



Check-in: Think about the coming holidays. Is there something you particularly enjoy or find challenging? Share your holiday thought with your partner.

Step 1: As you think about the holidays, what comes up for you? Write down one thing you'd like to work with.



Step 2: Listen to what you are telling yourself. Write your thoughts below. Translate the thoughts into feelings and needs you identify.

My Thoughts



My Feelings and Needs



Step 3: Let's sit with the feelings and needs you have identified.

1. How sad is it not to be connected to this beautiful need in this situation?

And...

2. How much do you value this need (quality) and want it as part of life? What would it be like if this need were abundantly met?



Holiday empathy: dyad meditation

Robert Gonzales “Living Compassion”

Step 4: Let’s explore the need you identified with your partner.

1. Decide who will be the speaker first.
2. The speaker chooses the question and the NEED word.
3. Take a moment to silently look at one another. Notice that the other person is there.
4. Set the timer for 5 minutes.
5. The witness asks the question chosen by the speaker.
6. The speaker speaks and the witness listens with presence with eyes open for 5 minutes.
7. After 5 minutes, switch roles and set the timer for 5 minutes. Repeat #5 and #6.

Question option #1: “How does [choose a NEED] live in you?”

Question option #2: “What does [NEED] mean to you?”



The speaker



The witness

Now what? You don’t need to think of a request immediately. And sometimes a request will pop up on its own. For example, “Can you be the one to bring this quality you long for into the room?” Or “Is there something you could ask for to get support in meeting this need?”

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