

Travel through the self-empathy process to arrive at great decisions

This worksheet will guide you on a voyage of self-empathy—a trip that can lead you to better decisions.

Step 1: Make a pure observation of the facts at hand. Does your data match the pure data as others would see it? At this point you want to see things just for what they are, free from your judgement of them or the judgements of others. Just the facts!

Step 2: Now, independent of these observations, what are your feelings about the situation? If you're not sure, just start guessing, and pay attention to what is happening to your body as you consider. We all experience sympathy for others, but it's important to be able to separate our feelings from what others are feeling. A better self-connection can come through meditation, or just sitting quietly, breathing and connecting with your body.

Step 3: What are the needs behind those feelings? Are the feelings negative, indicating unmet needs, or are they positive, indicating that your needs are currently being met?

Step 4: At this point you can finally combine everything. Taking together your observations, feelings and the needs behind your feelings, how can you use your self-connection to come to a decision?