

THE GROUNDED EMPATH TOOL

In a journal or a notebook, or directly on this page, complete the following steps.

STEP 01

I'm feeling...

Write down all the feelings or energies you're currently experiencing. For example, *'I'm feeling nervous in my belly.'*

01.

STEP 02

Who/what does it belong to?

Connect each feeling or energy you've listed in step one to the 'home' that best describes the source of the feeling or energy. For example, *'The nervousness in my belly is from my friend (someone else).'*

02.



Myself



Someone else (Who?)



Place



Object

STEP 03

Decide what to do:

Decide what you want to do with the feeling or energy by circling an option below:

03.



Release it



Shift it



Hold on to it



*Deepen or
increase it*

STEP 04

Grounded action

Write down how you're going to respond to the feeling or energy. What grounded action are you going to take to either release it, shift it, hold on to it, deepen it, or increase it?

04.

STEP 05

Action statement

Create a Grounded Empath Action Statement by combining your answers to the four previous steps using the template on the next page. For example:

'I'm feeling: nervous in my belly from: the conversation I had with Terry this morning and I'm going to: release this feeling or energy by: writing in my journal and going for a run.'

05.

STEP 01

I'm feeling
(your answer to
step one)

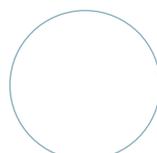
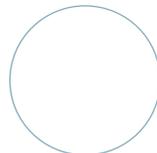
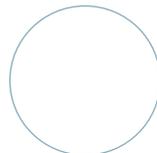
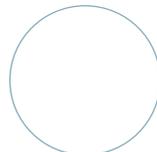
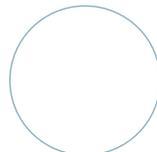
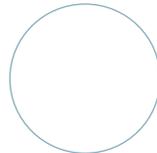
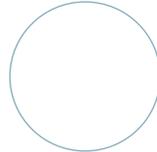
STEP 02

from
(your answer to
step two)



STEP 03

and I'm going to
(your answer to step
three)



STEP 04

by
(your answer to
step four)