

Building Empathy in Life

Reflect (record in pencil if possible) on how your day went today

Date / Time

1. In this exercise, your attention stays focused on other people.
2. In at least three major encounters each day, do the following:
 - Imagine that you are the person to whom you are speaking.
 - Experience the conversation as this person.
 - Maintain their point-of-view as long as you can during the encounter.
3. When you find yourself upset, disappointed or frustrated with someone during the term of exercise, follow the instructions of #2.
4. Each day for three days record what you learned about yourself and others from doing this exercise. Summarize what you have learned.

