

Exercise: Practicing Empathy Responses

Breakout Debrief Instructions

- There are 2 rounds in this breakout. You must debrief **after each round** about the experience each of you had giving and receiving empathy.
- **If you are in a triad**, the Observer will share his or her observations and notes recorded on the NVC Performance Observation Empathy Only Checklist.
- As you debrief, **do not use** other conversational responses (i.e., agreeing, relating, advising).
- Debrief for no more than **1 minute**:

Observer tell:

According to the Checklist, which skills did the Empathizer demonstrate? Which skills were not?

Empathizer and Receiver discuss:

What needs were met by that interaction?
What needs were not met?