

CHASING PAIN IN OTHERS

THE NEXT STEP IN HEALTHY RELATIONSHIPS

WHAT

THEIR PAIN...

REPEAT EXACT FEELINGS
- "I HEAR YOU SAYING YOU FELT..."
IF NONE ARE SHARED
ASK ABOUT SPECIFIC EMOTIONS
- "ARE YOU FEELING...?"
- "MY GUESS IS THAT YOU ARE FEELING...?"
- ALWAYS BE IN A POSTURE OF CURIOSITY
*****LOOK FOR CONFIRMATION*****

GOAL: CONNECT WITH THEIR PAIN

01

HOW

YOUR CONNECTION...

REPLAY THE SCENARIO
"I IMAGINE THAT WHEN..." (PUT YOURSELF THERE)
EMPATHY & UNDERSTANDING
"...AND IF I WERE IN YOUR SHOES..."
"...AND IF I EXPERIENCED WHAT YOU DID..."
ABOUT THEM NOT YOU
FOCUS ON VALIDATING THEIR PAIN
IF THEY RESPOND WITH PAIN,
CHASE IT AND START OVER!

GOAL: MAKING ROOM FOR THEIR PAIN

02

WHO

THEIR IDENTITY...

EMPHASIZING WHO THEY TRULY ARE
"WHAT'S TRUE IS, YOU ARE..."
IN REFERENCE TO THEIR PAIN:
FEELING "WORTHLESS"; "YOU ARE VALUABLE"
STAY FOCUSED ON THE **WHO** NOT THE **DO**
MAKE STATEMENTS ABOUT THEIR TRUTHS
NOT WHAT THEY DO/HAVE DONE

GOAL: MAKING PEACE WITH THEIR PAIN

03

..ASK

HAND IT OVER...

ASK FOR FEEDBACK
"WHAT DO YOU THINK?"
"IS THERE ANYTHING I MISSED?"
"WHAT WOULD BE HELPFUL?"

GOAL: ESTABLISHING A SAFE DIALOGUE

04