Self-Empathy

As a Path to Targeted Self-Care

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Raise your hand if…
When I’m at my worst,
I’m like ______.
When I’m at my best,
I’m like ______.
One relationship or situation you would like to shift?
Write down your most uncensored negative judgment about this person or situation.
What did you notice?
What is the price you pay?
This is the price we pay. When we judge, blame or criticize, it can hurt others. What I want you to get from this exercise is that it hurts you, too.
Nonviolent Communication

• Set of empathy-based principles and practices.
• Useful in highly collaborative, innovative and diverse environments.
• Promotes open-mindedness, inclusion, and connection across differences.
My tiny story
What values or qualities are important to you in your relationships?

Universal Human Needs
Needs connect us with our common humanity.
What **Need** is important to **YOU**?
(Need) is important to me.
Now check your body. What do you notice?
Needs Help Us Shift from Blame and Judgment to Self-Responsibility

What’s wrong with you

She’s a micromanager.

What’s important to me (Needs)

Autonomy is important to me.
Needs Help Us Shift from a Victim Mindset to Self-Responsibility

What’s being “done to me”

My manager takes me for granted.

What’s important to me (Needs)

Recognition is important to me.
Remember

• **Connect with your needs** (qualities/values that are important to you) to shift your energy and take your power back.
Smart self-care honors your needs.
I will care for myself today by _______. 
You Have 3 Choices:

- **Accept** and grieve your unmet needs.
- **Walk away** and get your needs met elsewhere.
- **Ask** the other person to do things differently.
Wise self-care is self-love made manifest
Love
What my highest self wants me to know…
The Body Test

Ask your body, “This is me doing A.” Observe your body for 10-15 seconds. How do you feel?

Then ask, “This is me doing B.” Check in again.

Which option literally feels better?

- Source: Lee Harris Energy
You Have 3 Choices:

- **Accept** and grieve your unmet needs.
- **Walk away** and get your needs met elsewhere.
- **Ask** the other person to do things differently.
The world is in need of care right now.
Want to learn more?

LinkedIn.com/in/lorraineaguilar
More than 1,000,000 copies sold for one simple reason: it works!

Nonviolent COMMUNICATION

3rd Edition

A Language of Life

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MARSHALL B. ROSENBERG, PhD

Foreword by Deepak Chopra

Endorsed by Tony Robbins, Arun Gandhi, Marianne Williamson, John Gray, Jack Canfield, Dr. Thomas Gordon, Riane Eisler, and others
Questions