

WORK SHEET – EXERCISE 6A

Be present and welcome your friend.

You can learn to welcome someone that is going through a strong emotion, so that you can help them! It's called empathy.

This worksheet invites you to train yourself in experiencing this act of welcoming with your body, step by step, whilst imagining that you're helping a friend...



I STOP

I stop, I'm here, so that I'm really present and calm for my friend.



I BREATHE SLOWLY

I breathe slowly to relax my body, to anchor myself, to be attentive to my friend.



I LISTEN, I AM QUIET

I ask a question and I listen until the end, without talking, to allow my friend to share what he or she feels up until the end.



I RESPOND, I OFFER MY HELP

I respond with kindness and thoughtfulness, without imposing my advice or my solution on my friend.