

JULY 28

Humility is to make a right estimate of one's self.

—Charles Haddon Spurgeon

Self-Empathy

Sometimes our behaviors keep us from meeting our greatest needs. Let's say you long for deep connection with others, but you are also afraid of it, so you push people away. Then you tell yourself that no one likes you. Often the result is depression, loneliness, and self-criticism. The process of self-empathy can help us become clearer about what we truly want and can help us behave in ways that are more likely to meet our needs. Self-empathy also encourages us to focus on what we desire, rather than on what is wrong with others or ourselves. Let's assume that your joints are very sore. Rather than criticize yourself because of what you did or didn't do, focus on what it will take to make your joints feel better. Your focus, then, is not on what's wrong, but rather on what you need to rectify the situation.

There are four steps to the self-empathy process:

Enjoy the jackal show: Give your jackal an opportunity to say all it wants to say. Do not try to restrain or censor it, because you might miss the full wisdom and healing it holds for you.

Identify your feelings: Be aware of your feelings associated with the stimulus.

Identify your needs: Be sure to identify your unmet needs.

Make a request: Once you have identified your unmet needs, make a request that will help you meet those needs.

If you don't get past your judgments and identify your feelings and needs, you are unlikely to receive the relief and healing you desire.

Be aware of opportunities today to empathize with yourself to help clarify your feelings and needs

