



Don't Call Me  
**A ROCKSTAR**

# WELCOME, As you're getting settle

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What impact do experiences like THRIVE have on you?

capture your response on the index card on/at your  
seat- full sentence or a smattering of words!



TRUTH  
TO PURPOSE

A pink ribbon bow with a darker pink center, positioned at the top right of the text box.

Empathy!!!



**EMPATHY IS A SKILL...**

**SKILLS REQUIRE PRACTICE**



perspective  
taking

non-  
judgement

recognizing  
emotions

curiosity\*

**"EMPATHY IS A CHOICE.  
And it's a vulnerable choice.**

Because, in order to connect with you, I have to connect  
with something in myself that knows that feeling."

BRENÉ BROWN



PLACES WE GO WHEN  
Things Are Uncertain  
Or Too Much

- Stress
- Overwhelm
- Anxiety
- Worry
- Avoidance
- Excitement
- Dread
- Fear
- Vulnerability

PLACES WE GO WHEN  
We Compare

- Comparison
- Admiration
- Reverence
- Envy
- Jealously
- Resentment
- Schadenfreude
- Freudenfreude

PLACES WE GO WHEN  
Things Don't Go As  
Planned

- Boredom
- Disappointment
- Expectations
- Regret
- Discouragement
- Resignation
- Frustration

PLACES WE GO WHEN  
It's Beyond Us

- Awe
- Wonder
- Confusion
- Curiosity
- Interest
- Surprise

PLACES WE GO WHEN  
Things Aren't What  
They Seem

- Amusement
- Bittersweetness
- Nostalgia
- Cognitive Dissonance
- Paradox
- Irony
- Sarcasm

PLACES WE GO WHEN  
We're Hurting

- Anguish
- Hopelessness
- Despair
- Sadness
- Grief

PLACES WE GO  
With Others

- Compassion
- Pity
- Empathy
- Sympathy
- Boundaries
- Comparative Suffering

PLACES WE GO WHEN  
We Fall Short

- Shame
- Self-Compassion
- Perfectionism
- Guilt
- Humiliation
- Embarrassment

PLACES WE GO WHEN  
We Search for  
Connection

- Belonging
- Fitting In
- Connection
- Disconnection
- Insecurity
- Invisibility
- Loneliness

PLACES WE GO WHEN  
The Heart Is Open

- Love
- Lovelessness
- Heartbreak
- Trust
- Self-Trust
- Betrayal
- Defensiveness
- Flooding
- Hurt

PLACES WE GO WHEN  
Life Is Good

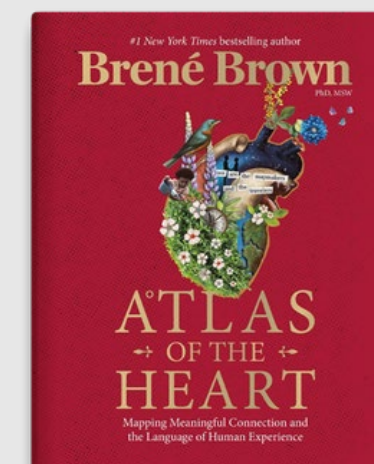
- Joy
- Happiness
- Calm
- Contentment
- Gratitude
- Foreboding Joy
- Relief
- Tranquility

PLACES WE GO WHEN  
We Feel Wronged

- Anger
- Contempt
- Disgust
- Dehumanization
- Hate
- Self-Righteousness

PLACES WE GO  
To Self-Assess

- Pride
- Hubris
- Humility



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**VULNERABILITY IS...**

**UNCERTAINTY,**

**RISK,**

**& EMOTIONAL EXPOSURE.**

# BUILDING EMPATHY SKILLS



emotional literacy



emotional stamina



curiosity



vulnerability

Sympathy  
vs. Empathy

Disappointment

Speaking Truth  
to Power

Comparing/  
Competing

Judgement

Discharging  
Discomfort with  
Blame

Minimize/Avoid

Advice Giving/  
Problem Solving

# PRACTICE!

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- Pairs or groups of three
- Have someone identify a recent situation where they missed the mark on empathy (we know you didn't mean to!)
- As a pair/group, brainstorm what real empathy would have sounded/looked like

perspective  
taking

Non-judgement

recognizing  
emotions

curiosity

**"DO THE BEST YOU CAN UNTIL YOU  
KNOW BETTER.**

Then when you know better

do better."

MAYA ANGELOU

Let's  
Connect!



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