

EMPATHY PRACTICE #3

A resistance audit

Recall your *vitality imperative* and create two lists:

- Are there any people you disapprove of or criticize?
- Are there any people who are resisting your priorities and ideas?

Who shows up on both lists? Those people are perfect opportunities for improving empathy. Now do the following:

1. Regarding the *vitality imperative*, fill out a Presence-Empathy Deep Dive for yourself. (on next page)
2. Fill out a Presence-Empathy Deep Dive for anyone related to your *vitality imperative* who is on both of your lists.

3. Then ask yourself:

- How have I disappointed them?
- How might they criticize me?
- What priorities or ideas of theirs do I resist?

4. For each person, consider the following:
What did you learn? When will you talk to them next?
What will change about how you interact?

A Presence-Empathy Deep Dive: Keeping the empathy promise

	PRESENCE	Thoughts	Emotions	Actions	Themes
EMPATHY					
Purposes (for)					
Worries (against)					
Circumstances (facts)					