



Toolkit 1
Learning Unit 8

Empathy :

Use your creative resources to develop an authentic connection between yourself and others

L.U. 8– Synopsis Empathy



1 – Body Empathy

Question: Do you feel that you are aligned and in connection inside your body ?

- Activity 1c: Grounding (Unit 1 Step 3)



2 –Cognitive Empathy

Question: : Do you feel hard or complex to understand and identify what the person feel when you're in contact with ?

- Activity 2: Emotions' scale



3– Emotional Empathy

Questions: Do you feel emotionally disturbed or overwhelmed at the contact of that patient ?

- Activity 3: Self-care attention checklist



4– Cultural Empathy

Question: Do you feel that the person you're in contact with has references about something you don't believe in or understand?

Activity 4: Improve your awareness



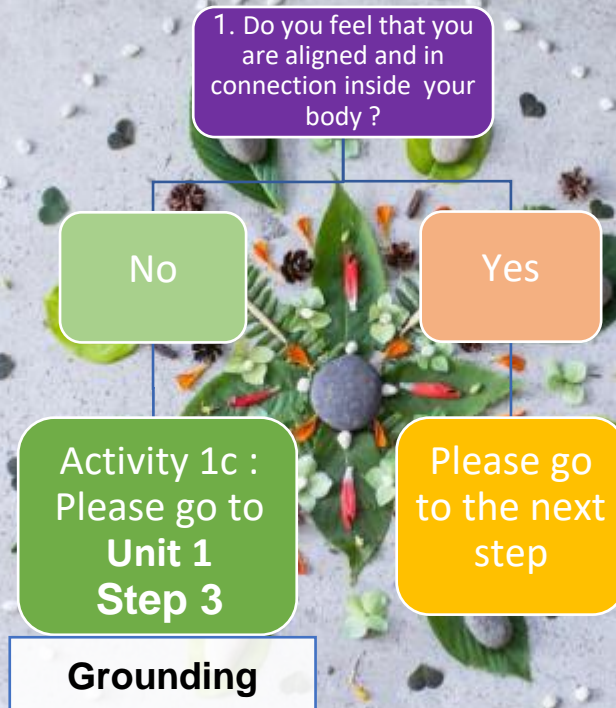
5– Risks of Empathy

Question: Are you aware of the risks of too much or lake of empathy ?

- Activity 5: title/link

N.B. : all exercices can be used in pré-acute phase, acute phase and follow up but with variations depending on the time you have.

1 – Body Empathy



2 –Cognitive Empathy



2. Do you feel hard or complex to understand and identify what the person feel when you're in contact with ?

No

Yes

Please go to the next step

Click here
Activity 2c

Emotions' scale

3– Emotional Empathy



3. Do you feel emotionally disturbed or overwhelmed at the contact of that patient ?

No

Yes

Please go to the next step

Click here Activity 3c

Self-care attention checklist

4 – Cultural Empathy

4, Do you feel that the person you're in contact with has references about something you don't believe in or understand?

No

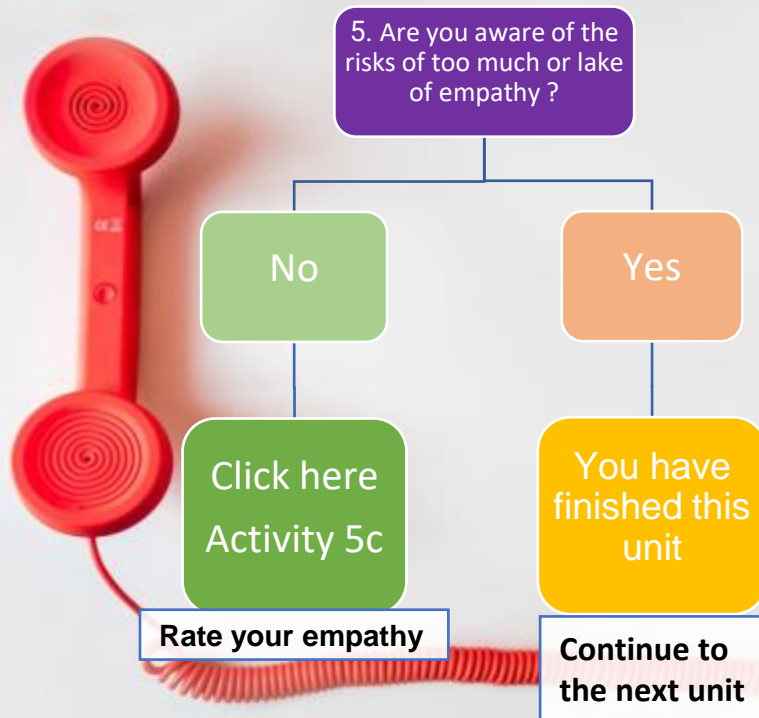
Yes

Please go to the next step

Click here
Activity 4c

Improve your awareness

5– Risks of Empathy



Toolkit 1

Learning Unit 8



You have finished this section

You can go to the next Unit

Toolkit 1

Learning Unit 8

Empathy

References

Pexels website :

Darrel Und - **Photographie De Personnes Reliant Leurs Doigts**

Negative Space – **Red phone**

Alex Green - **Mains**

Shvets Production – **Troubles cartoons**

Los Muertos Crew – **Sauge**