

Becoming an Evocative Coach Practice Guide
Chapter 4: Activity 5

Activity 4.5 Empathy Statements: Use the Reframing Faux Feelings page from the Compassional Communication chart in Chapter Four to complet each sentence stem below based on the scenario provided.

Scenario: A new teacher complains that verteran teachers do not listen to him.

I ' m guessing you might be feeling:

(Select a word from Columnn Two, Possible Primary Feelings)

*Because your need for
might be stirred up.*

(Select a word from Column Three, Possible Underlying Needs)

I wonder how that lands with you.

Scenario: A student is upset because there is never anyone to play with on the playground.

I ' m guessing you might be feeling:

(Select a word from Columnn Two, Possible Primary Feelings)

That might make you

(Select a word from Column Three, Possible Underlying Needs)

Have I got it right?

*Don' t be concerned
if your statements
seem awkward at this
pont. You are learning
the essential
ingredients for an
empathetic statement.
Smoothness of
delivery will come with
practice.*

Scenario: A friend share with you that she had decided her children are entirely selfish and never think of anyone but themselves.

That could make you

(Select a word from Columnn Two, Possible Primary Feelings)

And that you might be needing

(Select a word from Column Three, Possible Underlying Needs) *Have I*

understood or is it something else?