

WELCOME TO

Empathy for Earthlings

CALIFORNIA ADAPTATION FORUM 2023

OTHERS™
unlimited

 FlowWest



All of you is welcome here.

What is empathy?

OTHERS

THREE KINDS OF EMPATHY



**Affective:
Feeling**



**Somatic:
Experiencing**



**Cognitive:
Understanding**

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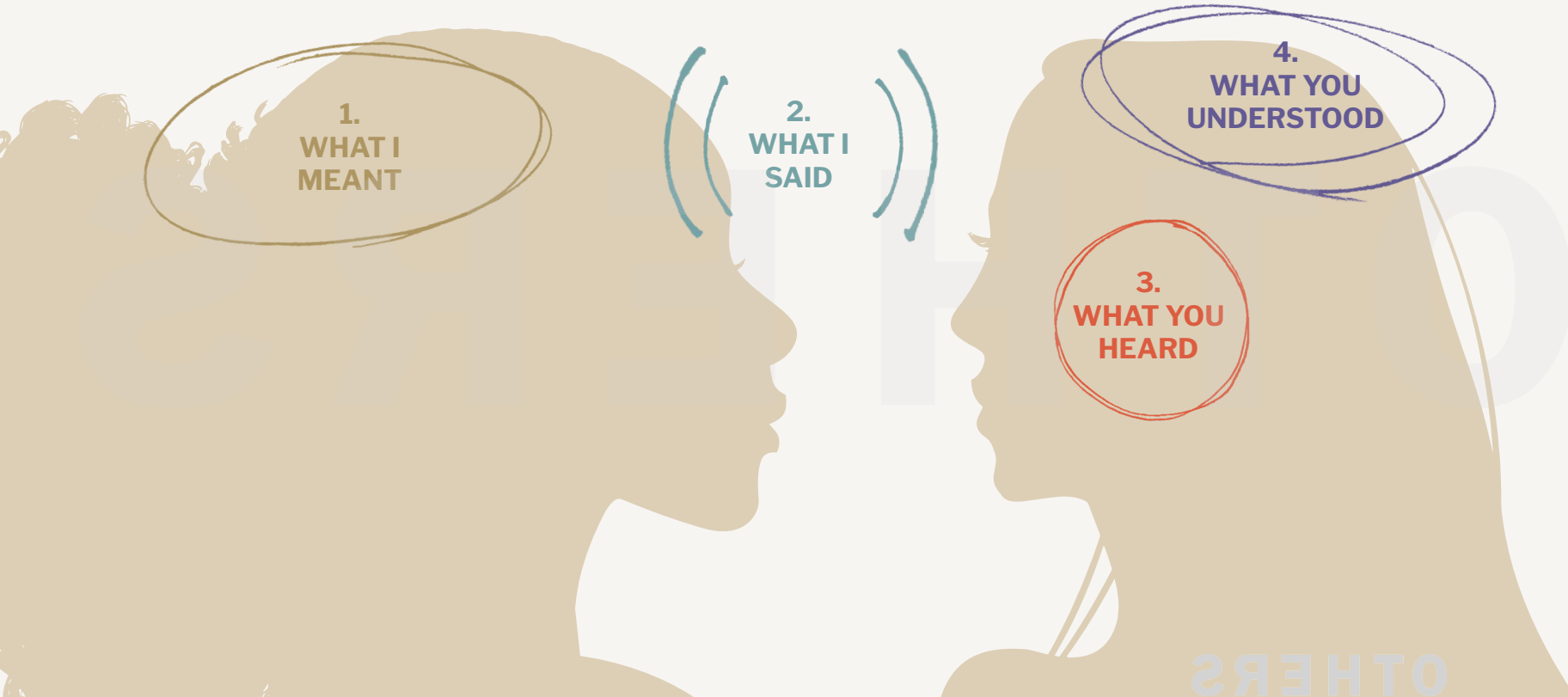
HUMAN-CENTERED



LIFE-CENTERED



THE 4 TWISTS



1.
WHAT I
MEANT

2.
WHAT I
SAID

3.
WHAT YOU
HEARD

4.
WHAT YOU
UNDERSTOOD

OTHERS

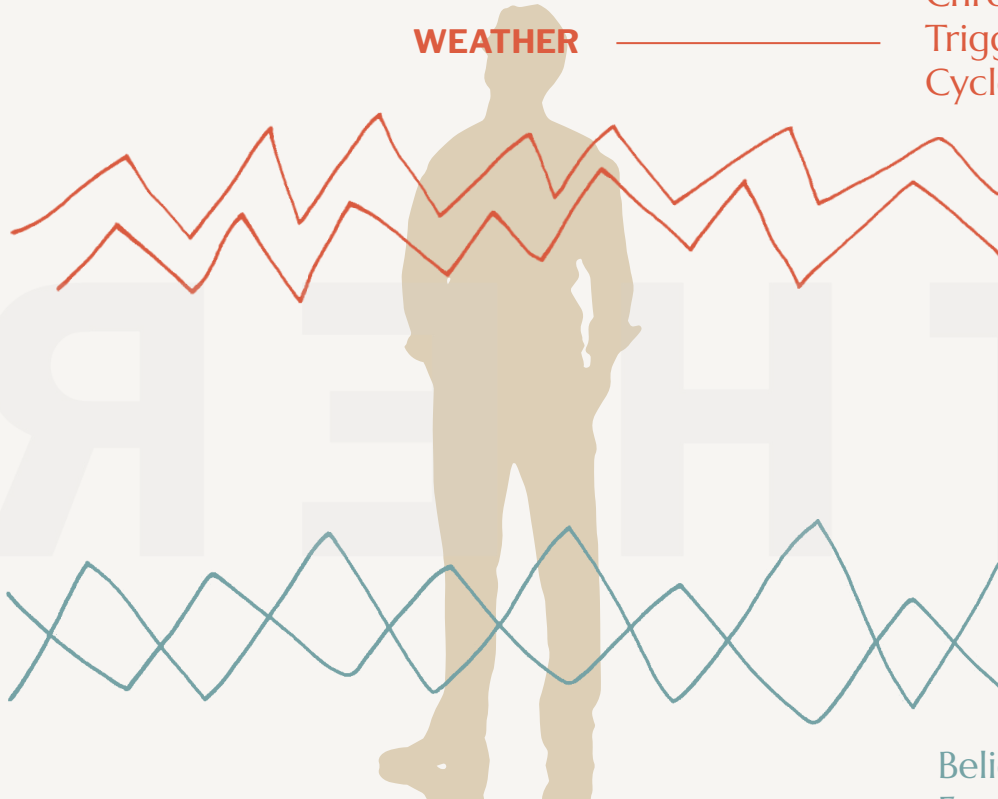
What they understand is what matters.

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WHO & HOW

WEATHER

Circumstances
Chronology
Triggers
Cycles



CLIMATE

Beliefs
Fears
Attitudes
Habits

How close are you to your usual climate today?



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TOP OF MIND EMPATHY CHALLENGE

Where is empathy difficult right now?

THREWAY LISTENING

Feelings
Facts
Context

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LISTENING FOR FEELING

Audible

Tone
Cadence
Volume
Vocabulary
Breath
Non-words

Visible

Posture
Gestures
Expressions
Attire
Movement
Proximity

Extrasensory

Familiarity
Energy
Intuition
Gut response
Residual emotion
Magnetism

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LISTENING FOR FEELING

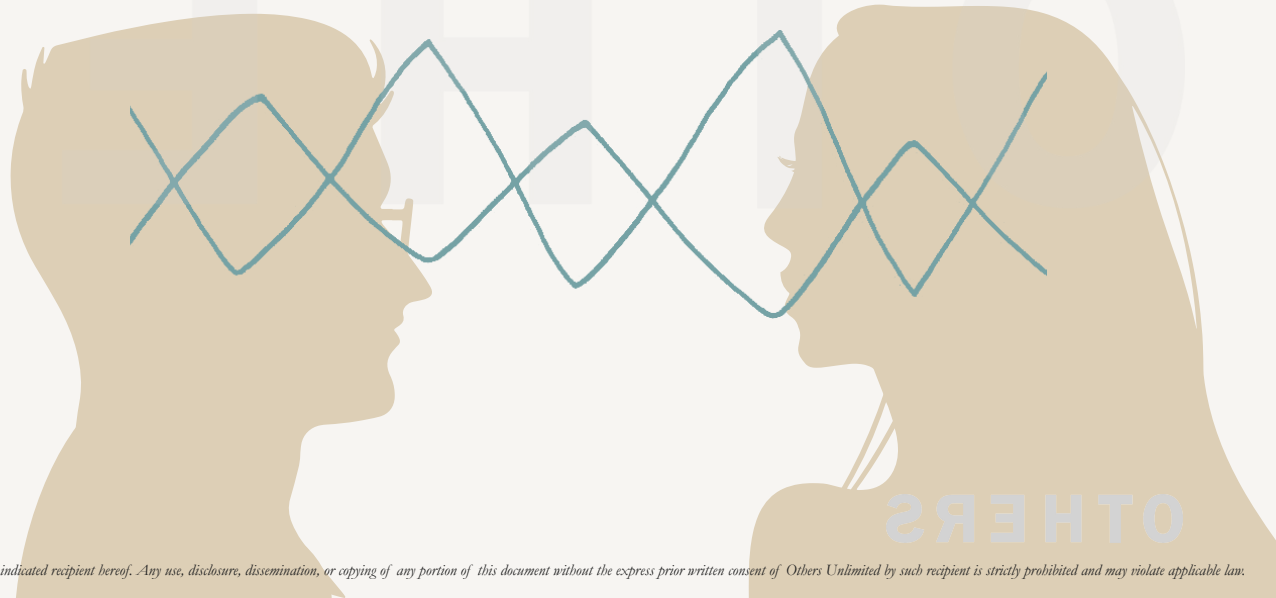
Just **observe** and take notes.

What can you see?

What do you feel?

What do you notice?

What feels unclear?



EXAGGERATION

“I’m starving.”

JUDGMENT

“I’m such a pig. I’m always hungry.”

SPIN

“I’m excited for lunch!”

METAPHOR

“I’m running on empty.”

HYPERBOLE

“If I don’t eat, I’m going to die.”

DENIAL

“I’m not hungry. But I could eat.”

IMAGINATION

“There is a gremlin in my belly.”

DISMISSAL

“I can eat later.”

DISTORTION

“Nothing tastes as good as skinny feels.”

EMPHASIS

“I really need to eat.”

COMPARISON

“You’re hungrier than I am.”

EXPRESSIONS

FACTS

“I haven’t eaten today.”

“My blood sugar is low.”

“My stomach is growling.”

“I worked through lunch.”

INTERPRETATION

Probably hungry.

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LISTENING FOR FACTS

Learn the facts of the other person's challenge.

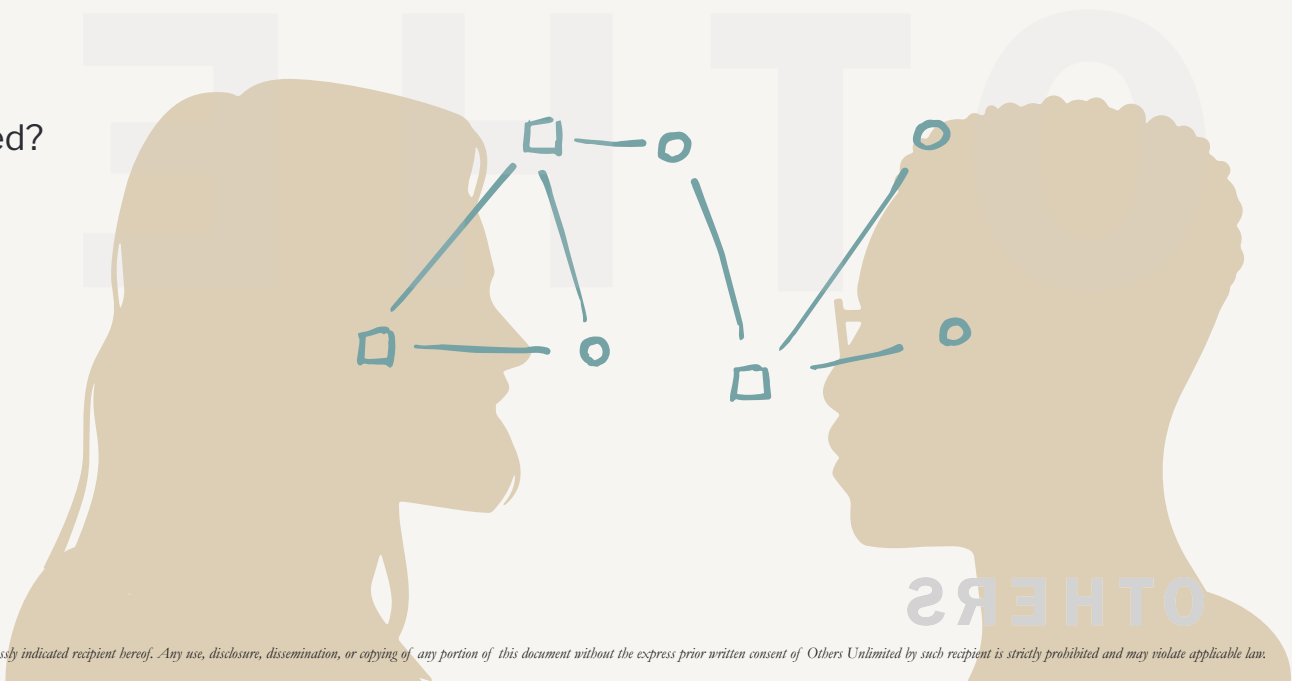
Who is involved?

Where is it happening?

When did it begin?

What is at risk?

How are the pieces/people related?





giving #

getting #

1234



LISTENING FOR CONTEXT

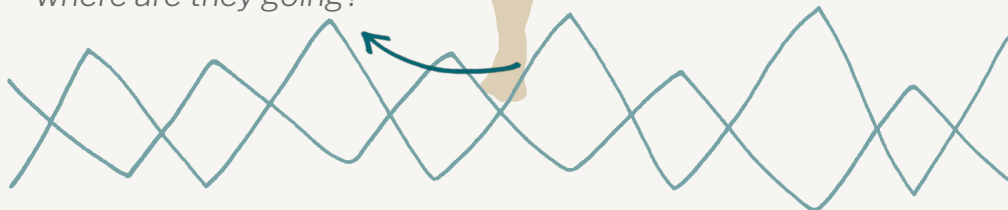


What are they seeing, hearing, and saying?

What do they feel, believe, fear?

What do they give, and what do they want?

Where have they been, and where are they going?



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LISTENING FOR CONTEXT

Find out more about the person in front of you.

Ask a starter question like:

“What else is going on in your life right now?”

“Tell me about a place you visited recently.”

“What are you looking forward to this year?”

Use open follow ups like:

“Tell me more”

“How so?”

“Can you describe that?”



OTHERS



THANKS

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