

Uncovering the Sensitive Spots

Response Exercise

Now that you have actively and attentively listened to your partner, complete the exercise below. Keep in mind the rules and guidelines outlined in the What is Empathy? Handout when responding to your partner's sensitive spots.

Share with your partner how this style of communication was different from how the conversation has gone in the past.

What I felt emotionally as you shared that was feelings of *(refer to your feelings checklist if necessary):*

As you shared the body sensations I experienced in my body were... *(refer to your body sensation checklist if necessary):*
