

# Revisiting the Tough Times

## Response Exercise

**Directions:** Listen attentively as your partner shares their Revisiting the Tough Times Sharing Exercise with you. After they have shared with you take a moment to complete the exercise below. Once complete respond using the script outlined below.

### Empathy Healing Exchange

What I heard you say is that when I said or did \_\_\_\_\_

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You felt \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

What I also heard you say is that when we are disconnected you are most afraid of

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And what you need from me is \_\_\_\_\_, \_\_\_\_\_ & \_\_\_\_\_.

When you feel \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_...

What I felt as you shared this with me was \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

I understand that what you need from me is \_\_\_\_\_.

### Did I get that right?

*If your partner says it is not right or there was a piece missing, you will go ahead and repeat the additional part he or she shared (i.e. "What I heard you say is...")*

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