

EXERCISE: *Self-Empathy Journal* - Example

JACKAL VOICES

OBSERVATIONS, FEELINGS, NEEDS

You are almost 40 and you don't know how to live your life	(O) I am 38. I have a life in which my needs for food, shelter, community, and support are met everyday. I feel (F) frustrated when there is not the (N) ease and predictability I would enjoy regarding my health and my income. (O) I am starting my own business and I have no formal training in business. I feel nervous and scared. I need (N) guidance, inspiration, and information.
You are alone	(O) I have close friends that are a phone call away. (O) I made the decision two weeks ago to spend more time alone for the next three months. I feel (F) lonely and am wanting (N) intimacy and to be seen and heard deeply. I also feel (F) hopeful about meeting needs for (N) connection with myself, for learning and stimulation.
You're never satisfied, always wanting more, so ungrateful	(O) I can recall several specific times of feeling grateful and satisfied this week. Today I feel (F) disheartened, discouraged, and disoriented because I need (N) clarity about how to lead my life in a way that is (N) life giving and authentic. (O) Its not that I am ungrateful, it is that my system needs something that it is not getting (N) (need for clarity).

Connecting to and seeing the observations, feelings, and needs above, what *REQUESTS* do I want to make of myself or someone else:

REQUEST 1: When feelings of fragility and sensitivity arise, I want to say to myself: *“It’s okay to feel this way, I have several challenges in my life right now. Just feel the feelings and know it is okay to have such feelings.”*

REQUEST 2: I also want to call a close friend or share what is alive for me with someone in my community at least once each day.

REQUEST 3: I will take the Heart of Business class on marketing from my friend Mark Silver. I will call him today to register.