LEAD 2019 | SMALL GROUP EDITION

Small Group Empathy that Heals

Presented by
Roy Kim, LMFT

www.newlegacycounseling.com

Lic.#MFT82450

Exercise

1. I will give you a scenario.
2. Within 5 seconds, start writing your gut reaction.
3. Share your answer with a neighbor.

Have a question for Q&A? Text 562-245-9710

I have a big deadline coming up and I'm so stressed.

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Small Group Empathy that Heals

Roy Kim, LMFT

My best friend died in a car crash last week.

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Things got out of hand with my 14 year old. I lost my temper and hit him with my belt.

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Small Group Empathy that Heals

Roy Kim, LMFT

I think I have a sex addiction.

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I hate being divorced and I'm afraid I'll always be alone.

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I don’t know if I believe in God anymore.

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I think I might be lesbian.

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Things we might be thinking:

What does the Bible say?
Oh #$&@ I do that too.
I've never noticed this rug design before.
You are such a pagan.
Crap, I'm the leader, I need to say something.

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My Nightmare Small Group Experience

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And on the flip side:
My Pasadena Small Group Experience

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Romans 12:15

Rejoice with those who rejoice,
weep with those who weep.

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Proverbs 25:20

Whoever sings songs to a heavy heart
is like one who takes off a garment on a cold day
and like vinegar on soda

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Small Group Empathy that Heals

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Empathy is about

Feeling what others feel
Increasing connection
and safety

Empathy is not about

Problem solving
or “silver lining”

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Small Group Empathy that Heals

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Empathy is a learned skill.

We first learn by experiencing 1000ish examples.
How did your parents model empathy?

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Empathy is a learned skill.

We can learn by intentionally practicing.
1000ish times.

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In the last column write:

What would I want (to immediately hear/receive from the group if I were the one sharing)?

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Exercise

Come up with a sensitive issue we haven't mentioned yet and write it down.

Form groups of ___.

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Exercise

1. Share your written hardship with the group.
2. Each member provide a quick empathic response.
3. Discuss which response felt best and why.
4. Repeat with next group member.

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Whole Group Process

Q&A

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