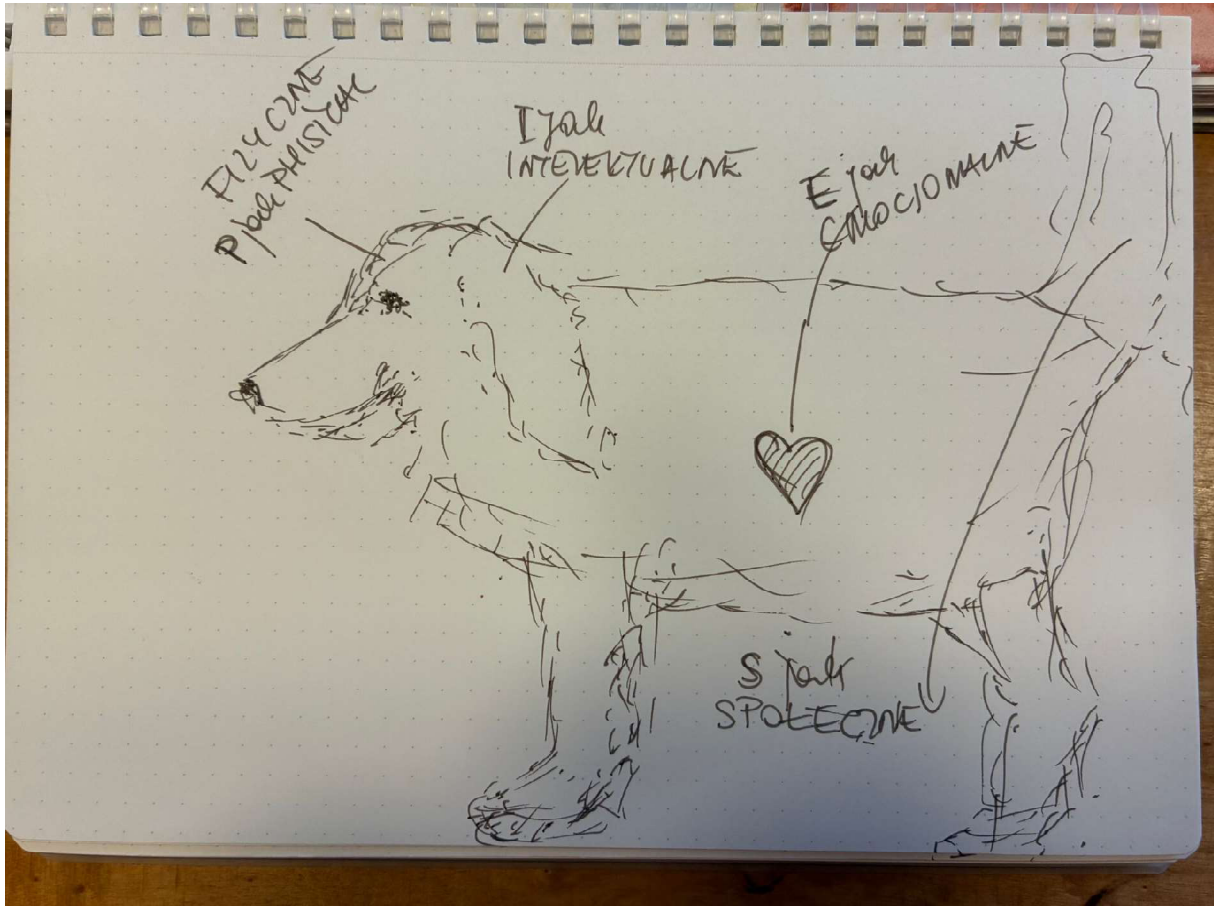


Follow up exercises for the episode “Is Empathy a Choice?”

1. Self-connect. How do you feel? Try to name the different aspects of your current state (physical, intellectual, emotional, social). In Polish the acronym PIES (= dog) is used which you can see in the drawing.



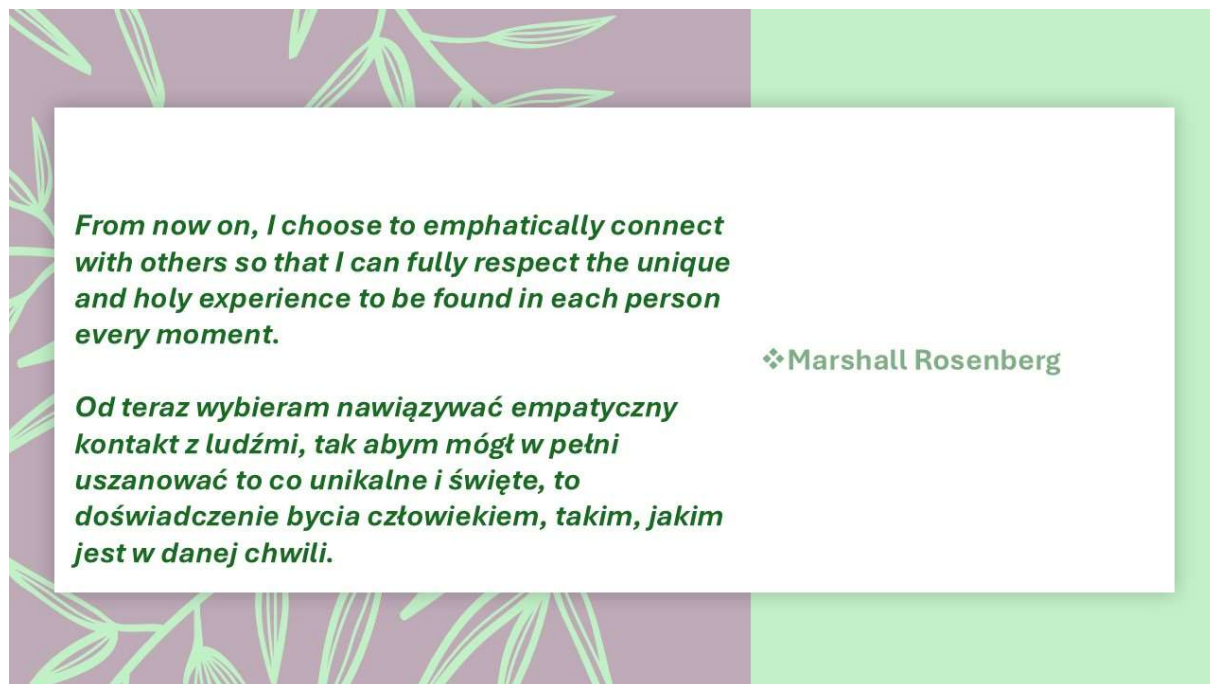
By Renata Wasylów

2. a) Listen to the story about a woman who attended Marshall Rosenberg’s workshop and discovered she was much happier when not cooking for her family. And her family was happier too!

<https://youtu.be/qJT9xjKVwrk?si=VLPWAs5gJbxsErhr> (2.58)

b) Think whether there is something you do not enjoy doing and yet you think you “should” do it. What would happen if you did not do it?

3. Read the item on empathy from the text “From Now On”.



Make your own commitment on empathy.

4. In the conversation Renia talks of her passion of painting. Have you got any passion which is something you do just for you, it is not connected with earning money. Draw yourself as you practice it:

