

NOF toolkit No one Forgotten Practice Hope Art 03

Title: "THE MEETING POINT" (EMPATHY)

Duration: 30 minutes

The aim of the activity is to try to imagine the "internal frame of reference of another person..." *but without using speech. In every interaction, especially when we are connecting with people that we don't know, there is a first period of investigation. We try to understand "who" the person in front of us is. Of course, we mean something deeper, we are searching for a more substantial answer. According to the triptych of our approach (body/soul/spirit), we may say that we long to see "who is that spirit in front of our eyes". Each spirit is unique and unrepeatable so it may be useful to ask ourselves the question "In what way, is God revealing himself to me at this moment?"

Step 1: Form pairs. Look at each other deep in the eyes without talking. Dare to assume WHO that person in front of you is, what kind of person they might be and what you can understand about their present feelings and thoughts. Every 5 minutes the observer changes.

Step 2: Sharing each other's assumptions in the form of a story.

Step 3: The couples share to the whole team

Reflecting procedure: 30 min (10 minutes for the couple and 20 minutes sharing of the couples to the whole team).

Important notice: The trainer directs the procedure with a warm, clear and calm voice, observing carefully the facial and body expressions of each artist. Using themselves as the tools of empathy, they try to enter and decode information about each person.

- The participants can also share what they observed about them. For example, did they have difficulty focusing, did they feel ashamed, and perhaps refer to the emotions that emerged. (*)
- *«The state of empathy, or being empathic, is to perceive the internal frame of reference of another with accuracy and with the emotional components and meanings



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which pertain there as if one were the person, but without ever losing the “as if
«condition» Carl Rogers.



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