



## “The Unspoken Life” Chapter 6 Empathy

YOUR NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

### Capturing Your Thoughts

How will your empathy keep you balanced in your bridge to connection?

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How does empathy show up for you in your career within veterinary medicine? \_\_\_\_\_

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What steps do you take to find the space to live in the emotions with others in showing empathy, without owning the emotions of others or the situation? \_\_\_\_\_

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How did hearing the brown gauze story resonate with you? \_\_\_\_\_

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## “The Unspoken Life” Chapter 6 Empathy

Describe a brown gauze moment of your own, how do you find the path to self empathy related to that moment? \_\_\_\_\_

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What does your current protection method for yourself (aka feeding your cynical serpent) look like when you sink into the ocean of shame? \_\_\_\_\_

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How do you stop feeding that serpent? \_\_\_\_\_

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What is the feeling you get when someone new to the industry wants to join the industry? \_\_\_\_\_

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## “The Unspoken Life” Chapter 6 Empathy

What is the path to take you to empathy related to that individual? \_\_\_\_\_

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How does the plane story relate to your journey in finding the path to recognize, embrace, connect in relationship to your career? \_\_\_\_\_

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## “The Unspoken Life” Chapter 6 Empathy

### Actionable Items

Watch Brene Brown video on Sympathy versus empathy.

<https://www.youtube.com/watch?v=1Evwgu369Jw>

Capture your thoughts on what you took from the video and how this applies to you below:

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Read “I Thought It Was Just Me (But It Isn’t) Making the Journey from “What will People Think?” to “I Am Enough” by Brene Brown then answer the following questions.

What was your key take away from the book? \_\_\_\_\_

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How does Brene’s explanation of Shame within the book resonate with yourself?

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How would you share the concept of the “Power of Empathy” with others?

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## “The Unspoken Life” Chapter 6 Empathy

### Finding your Brown Gauze self-empathy reminder (balloon) activity.

Find a physical reminder that you can have present readily that you can touch, smell, hear, or see that allows you to embrace those brown gauze moments when they present themselves. Share this with the 1 Life Connected community with the #browngauzemoment.

What is that item, and why did you choose it? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Finding your Brown Gauze centering activity.

Find an activity that allows your body to move from the fight or flight mode (sympathetic dominance) and back to being centered (parasympathetic dominance).

For examples look to:

<https://www.inc.com/geoffrey-james/use-neuroscience-to-remain-calm-under-pressure.html>

Share your centering activity with the 1 Life Connected community (In Development) and add the following- #myspokenlife

Describe the activity and how you plan to incorporate it: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# 1 Life Connected

## **“The Unspoken Life” Chapter 6 Empathy**

**Draw what your cynical serpent looks like below.**

Then while looking at your serpent, find the path to neutralize the serpent.

For example – add items to them that allow you to not be intimidated by them.

Or add comment bubbles above them that will not encourage the name, blame, judge culture.



## “The Unspoken Life” Chapter 6 Empathy Commitment

What is your commitment to finding your individualized journey towards your sustainable authentic career in veterinary medicine? \_\_\_\_\_

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### Be 1 Life Connected!

**We are mindful of our response  
We create our environment  
We embrace our emotions  
We find self-forgiveness**

Kimberly Pope-Robinson DVM, CCFP  
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