

## HANDOUT: Compassion at the soccer field

Category	Subcategory	Group size	Duration	Language
Communication	Compassionate communication	Individual	30 minutes	English

Imagine the following situation: A group of boys are having a soccer match. There's some frustration, the team doesn't cooperate smoothly. At one point, one of the boys snaps at a smaller, shy boy. 'Hey faggot, do something! Loser.' The other yells back at his teammate, who's an immigrant: 'Shut up, monkey!'. The referee takes him off the field; the coach suspends him immediately for the remainder of the season: racism will not be tolerated on the soccer field! The boy recently told his parents that he's doubting his sexual orientation; he finds it difficult to talk about it with others as well. When he tells his parents what happened during the soccer match, his father angrily calls the coach: his son should not have been treated like that!

Which empathic resonance could you offer all involved parties: guess their feelings and needs.

The boy who got suspended might feel.....

The needs he has that weren't met could be .....

My empathic reaction: .....

The immigrant boy might feel .....

The needs he has that weren't met could be .....

My empathic reaction: .....

The referee might feel .....

The needs he has that weren't met could be .....

My empathic reaction:

The coach might feel .....

The needs he has that weren't met could be .....

My empathic reaction:

The father might feel .....

The needs he has that weren't met could be .....



My empathic reaction:



If you look back at the situation with empathic resonance, what changes?



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