Empathy: Reflection Exercise

- We are all patients.
- Think about when you have been a patient.
- Think about a doctor, nurse, dentist, any health provider that you have had in your life that you felt really good about.
- Think about how it felt to be with them, talking about your health.
- See their face, hear their voice.
- What was it about them that made you feel good about them.
- Share that with your partner. Listen take note of key words they use to describe what made them feel good.
- Share with the larger group

Goal of Empathy Reflection Exercise

- The things you list in the Empathy Reflection are the goals we strive toward, this is our “true north”, this is where we come back to when we need to measure our choices with patients, when we need to take stock and re-center our practice.
- This is the seat of empathy, where we remember to flatten the hierarchy, and see our patients’ needs are no different than our own... to be heard, to be seen, to be respected, to be helped.

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