



Empathy as a Magnifying Glass: Personal Worksheet

Part 1: Identifying Your Temperance Challenges

Take a moment to identify 2-3 areas where you struggle with self-control or emotional regulation. These could be reactions, habits, or patterns you'd like to understand better.

1. _____
 - How does this typically appear in your life? _____
 - When does it most often occur? _____
2. _____
 - How does this typically appear in your life? _____
 - When does it most often occur? _____
3. _____
 - How does this typically appear in your life? _____
 - When does it most often occur? _____

Part 2: Applying the Empathy Magnifying Glass

Choose one challenge from above and examine it more closely using these empathic lenses:

Challenge chosen: _____

The Empathic Pause Reflection

- What emotions arise when this challenge occurs? _____
- What physical sensations accompany these emotions? _____
- What thoughts typically run through your mind? _____
- What needs might be going unmet in these moments? _____

Three-Perspective Practice

- Present Self View: How do you currently understand this challenge?

- Younger Self View: How might past experiences or childhood needs be influencing this pattern?

- Compassionate Observer View: How would someone who deeply cares about you understand this struggle?

Part 3: Building Your Temperance Toolbox

Based on what your empathic examination revealed, develop specific strategies for this challenge:

- Alternative Responses:**
 - When I notice the urge to _____, I could instead _____
 - When I feel _____, I could meet that need by _____
- Early Warning System:**
 - The earliest signs that I might struggle with this challenge are:

 - When I notice these signs, I can immediately:

- Empathic Self-Talk:**
 - Instead of saying "_____" to myself when I struggle,
 - I can say "_____" which acknowledges both my difficulty and my effort.

Part 4: Practice Plan

Set specific intentions for practicing your new temperance tools:

This week, I will practice using my empathy magnifying glass when:

I will know my practice is working when:

If I struggle, I will show myself compassion by:



Part 5: Weekly Review

At the end of each week, reflect on your practice:

- What new insights did the empathy magnifying glass reveal?

- How did increased awareness change my responses?

- What adjustments might help me continue growing?

Remember: The goal isn't perfect self-control, but greater self-understanding. Each time you use empathy as a magnifying glass, you're developing the awareness that leads to more conscious choices and genuine temperance.