

# Conscious Empathy with D.N.A.

When you empathize, you symbolically say,  
“I see you, I hear you, I feel you.”

Your task is to...

**D**ESCRIBE

**N**OTICE

**A**CKNOWLEDGE

# Empathy and Brain Integration

Based on our conscious, loving decision to be present with one another during moments of discomfort and pain.

**D.**

**Brain Stem | Survival State**  
**Active calming, Noticing:**  
"Your face is going like this."



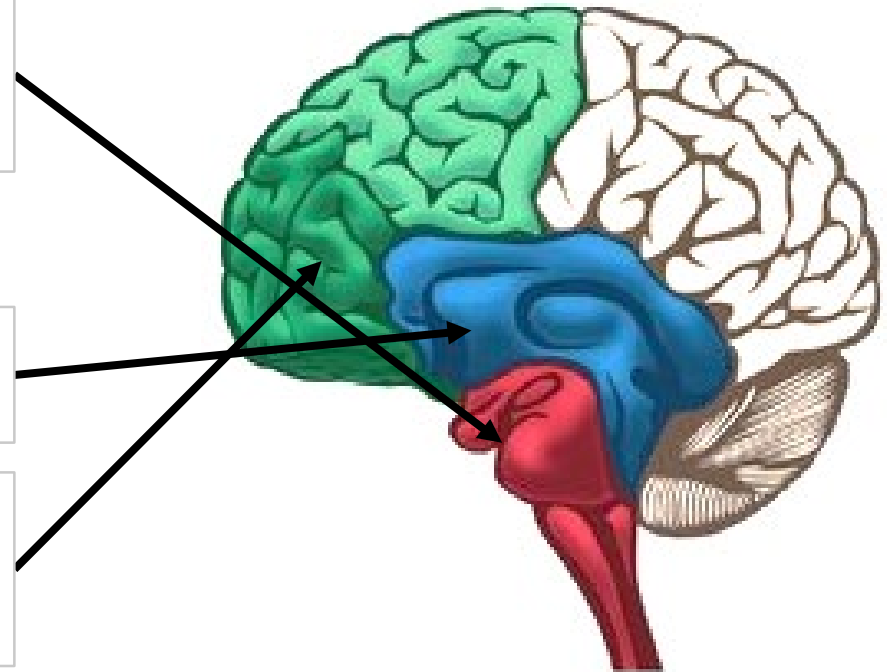
**Wait for eye contact. Download.**

**N.**

**Limbic System | Emotional State**  
**Empathy:** "You seem \_\_\_\_."

**A.**

**Prefrontal Lobes | Executive State**  
**Problem-Solving:** "You wanted \_\_\_\_."  
"You were hoping \_\_\_\_."



# His Mommy Just Left! - D.N.A.



Your face is going like this.

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You seem sad.

You wanted mommy to stay.

It's hard when she leaves.

I will keep you safe.

# She Wants a Turn on the Swing - D.N.A.



Your face is going like this.

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You seem angry.

You wanted a turn on the swing.

Say, "May I have a turn please?"