

Jim Lucas

Lesson 5:
Giving

5 Daily Helpers

Why there are Two Types of Giving and How One of them Doesn't Work

Well done....you've made it to one of the most important elements of taking this course....**taking action!**

To give well, you need empathy. You need to put yourself in the shoes of someone you care about. And, this isn't always easy.

I've heard many people say that you can't teach empathy. But, I disagree.

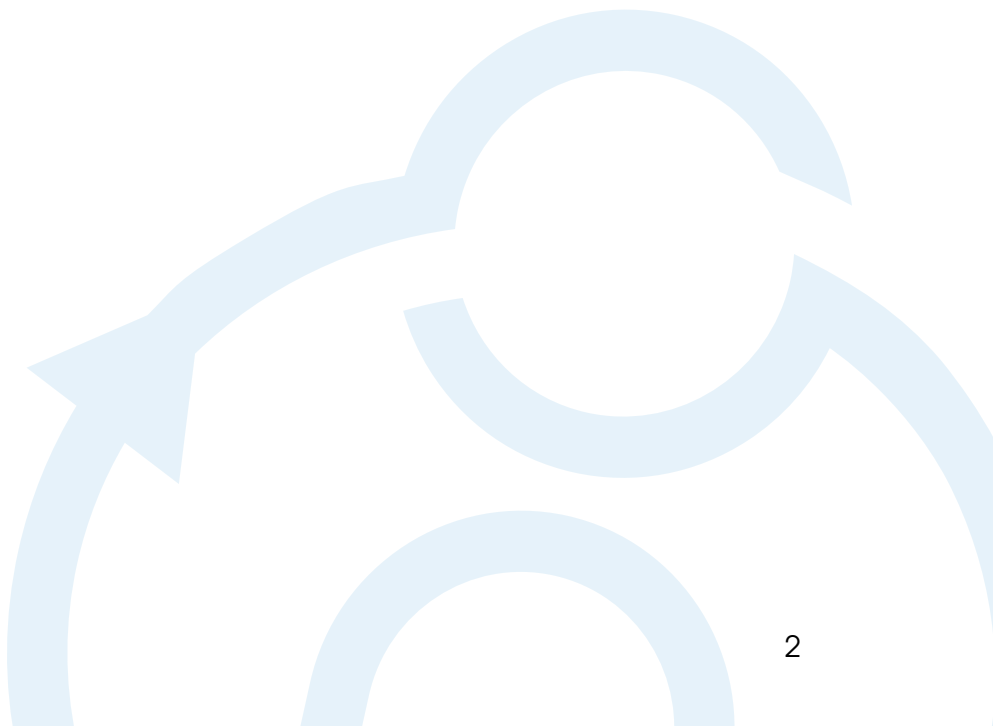
Empathy is a skill. It can be learned. Yes, some people are more naturally tuned in to other people than others. You might say they have a talent for empathy. But, if you put in the time and the effort, you can learn it.

First, you learn what to do. Then you practice it and you practice it regularly. Then you'll get better at it.

Effort + Skill = Achievement.

Your Next Steps:

- Print this worksheet and complete it. Or you can write out the exercise in a different document. Sometimes I like writing out with a pen on paper to look after my brain and my eyes.
- If you've skipped any of the previous worksheets, I recommend you go back and complete those first. You may be eager to move forwards quickly, but it is important to follow the steps laid out in the course.
- These completed worksheets will serve as your new toolbox for stress management. Keep them together and keep them safe.



STEP 1: Who are the important people in your life? (list them)

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Aren't you forgetting someone? No? Who's that then?

Well, YOU of course! You are important as well.

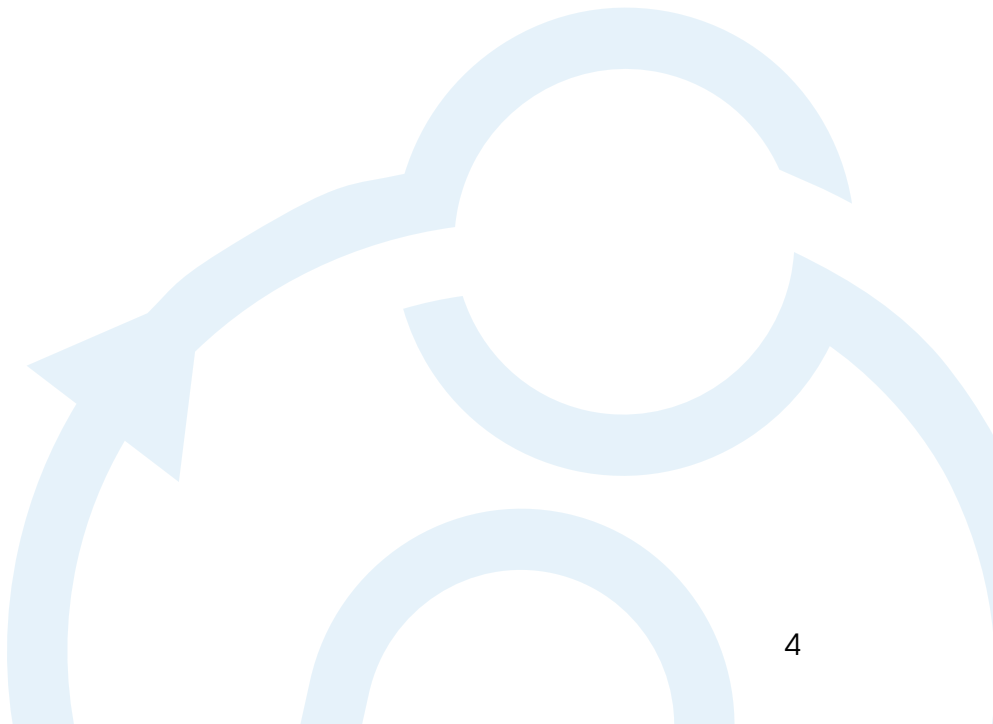
Even if you doubt this, you'll need to take care of yourself to be all you can be to everyone else. Its essential.

STEP 2: How do you GIVE to each of these people?
Remember to include YOU!

Name:

What you give them:

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STEP 3: What is it that they want?

Take your time here to put yourself in their shoes. Try to see things through their eyes.

Spend a few minutes imagining living their life. Take a typical day and walk through it as if you were them. Really get inside their experience.

Name:

What you give:

What they want or need:

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STEP 4: Are you giving what they need or want?

Can you give less of something they don't want or need AND more of something they do?

What is that? When could you give it? Are you giving yourself what you need the most?

STEP 5: What makes Giving what they need difficult? (circle all that apply)

A Lack of time or resources

Their behaviour

You don't have the skills

You feel too scared, hurt, guilty, ashamed, embarrassed,

resentful or angry

Are there other reasons?

STEP 6: What do you need to be different to make it easier for YOU to Give in a way that is wanted / needed?

Can you GIVE what they want/need even if nothing changes? Would it be worth it? Would you be willing to do it knowing that GIVING-Well is what matters to you?



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