



Lesson 35:

Empathy Concept Review & Primary and Secondary Emotions

Navigating aliveness within an emotion

A big aspect of the therapist's role within the Empathy phase is *bearing witness*. What might it mean to bear witness and how has a witness supported you in your own healing journey?

Attunement really matters in the Empathy phase. Why might this be so?

How might you identify the presence of deep salience within an emotion? What might you notice in your body?

What is a secondary emotion?

What are some signs of client may be expressing a secondary emotion?

How might you feel when a client is expressing a secondary emotion?





What is a primary emotion?

What are some signs a client may be expressing a primary motion?

How might you feel when a client is expressing a primary emotion?

Out of these two types of emotion, which one can feel draining or even burn you out as a practitioner?

Think back on the tools you have learned within this course. Identify three that might help set a client up for an experience of a primary emotion versus a secondary emotion. Why might these tools be effective in creating that outcome?

Alternatively, what might set the stage for a client to experience a secondary emotion? What are some ways to avoid this outcome?

Think of an experience in your life where you went from a secondary emotion to a primary motion. What was the secondary emotion and what was the primary emotion underneath? What supported you in letting go into the primary emotion?

