

Creating Community

Setting Up Your Own Empath Support Group

Empaths flourish around other sensitive, loving, people who can “see” and understand them. Having a community of kindred souls helps empaths survive and thrive. Whether your community is simply a few people or more, this circle of mutual support can help your sensitivities grow, uplift you in difficult times, and make it safer to open your heart to experience more joy.

Mission Statement

Empath support groups are meant to provide a circle of support for empaths everywhere so we don't feel alone anymore. They are solution-oriented meetings which educate empaths about their gifts and challenges of their sensitivities.

Though it is important for empaths to express their feelings, the group functions best when it remains solution-oriented rather than simply a place vent. Suggested time is 60-90 minutes. Have fun and grow strong!

Guidelines for Creating an Empath Support Group

- 1. Membership.** Invite empaths and other highly sensitive people with whom you feel comfortable.
- 2. Location.** It's best to meet in a private home or a quiet area in a park.
- 3. Length and frequency of group.** It can be sixty to ninety minutes weekly, bi-monthly, or monthly, whatever works best for members.
- 4. Size of group.** This can be anywhere from two people to one fifty or more. Decide if you want to limit the group to a certain size—and if the group is by invitation only or open to the public.
- 5. Formulate a short mission statement.** State that the purpose of the group is to focus on empath issues and solutions rather than turning the meeting into a pity-party.
- 6. Recommended reading and audio material.** *The Empath's Survival Guide* and/or the companion audio program: *Essential Tools for Empaths: A Survival Guide for Sensitive People*. In addition, you can include material from the Selected Readings list from the back of *The Empath's Survival Guide*.

Suggested Format of Meeting

Option 1

1. A member volunteers as the group leader who commits to this role for one to six months.
2. Prior to each meeting, the leader invites a speaker from within or outside the group to

share his or her experiences and solutions as a sensitive person.

3. The leader welcomes everyone to the meeting and reads the mission statement to the group.

4. Next, the members have a two-minute group mediation or silent period to decompress and become fully present.

5. The speaker selects and then reads three pages from *The Empath's Survival Guide*. Or the speaker chooses a section of the audio program *Essential Tools for Empaths* for the group to listen to. Then he or she discusses the topic for ten minutes.

6. The meeting is then opened for sharing on the topic. Limit the sharing to three to five minutes per person with no crosstalk.

7. Following the sharing, allow five minutes for the group to practice an exercise or meditation from book or audio program.

8. To end the meeting, the leader selects a member to read an empath affirmation he or she likes from the book.

Option 2

Create an Empath Study Group. Prior to each meeting, participants can read the same section from *The Empath's Survival Guide* or listen to a portion of *Essential Tools for Empaths* audio program. Then, the group meets to discuss it