

Empathy Skills



Step 1. Watch and Listen: What is the other person saying and what is their body language?

Step 2. Remember: When did you feel the same way?

Step 3. Imagine: How might you feel in that situation? Validate the wide range of emotions that come up.

Step 4. Ask: How is the person feeling?

Step 5. Show You Care: Let them know that you care through your words and actions.