

Empathy Exercise with your Partner

Response

Keeping in mind the guidelines and rules outlined in the What is Empathy? Handout, listen attentively to your partner's sharing. After they have shared with you take a moment to complete the exercise below. Once complete respond using the script outlined below.

What I heard you say is that when I said or did

You felt _____, _____, and _____.

What I also heard you say is that when we are disconnected you are most afraid of

...

And what you need from me is _____, _____ & _____.

When you feel _____, _____, and _____...

What I felt as you shared this with me was _____, _____, _____.

I understand that what you need from me is _____.

Did I get that right?