

## RATIONALE WORKSHEET: **SHOWING EMPATHY**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

|                                                                                          |  |
|------------------------------------------------------------------------------------------|--|
| What might happen if you <b>DO</b> show empathy when you need to and do it well?         |  |
| What might happen if you <b>DON'T</b> show empathy when you need to or struggle with it? |  |

| Steps                                                                                                                     | Why do you think this step is important? |
|---------------------------------------------------------------------------------------------------------------------------|------------------------------------------|
| Listen actively to the person expressing their thoughts and feelings.                                                     |                                          |
| When the person stops talking, reflect back what the person said in your own words.                                       |                                          |
| Monitor for cues that you understood what the person said. Check, if needed.                                              |                                          |
| Tell the person how you relate to what they said using words such as "I'm so sorry to hear that" or "That's so exciting!" |                                          |
| Decide if you should just continue listening or if you should offer help to the person.                                   |                                          |