

RATIONALE WORKSHEET: **SHOWING EMPATHY**

Name: _____

Date: _____

What might happen if you DO show empathy when you need to and do it well?	
What might happen if you DON'T 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.	