What might EMPATHY look like/sound like?

- Listening with full attention to the speaker and looking for the feelings behind the words, facial expressions, and body language
  - Respecting the thoughts of a friend who has shared his or her feelings
- Acknowledging the emotions of someone by saying something like, “I can see that you are really uncomfortable about this.”
- Showing appropriate reactions to someone who is sharing his or her feelings (i.e., nodding, smiling, paraphrasing) and asking questions at appropriate times
- Allowing the person to share his or her feelings without interrupting, judging, or trying to solve his or her problem
- Trying to really understand a person’s feelings and motives, even when you may disagree with the actions of a person
  - Speaking from “I” and owning your emotions
- Understanding that we are all a lot more alike than we think, even if on the outside we look and act differently
  - Seeing ourselves in others—even those we think are so different from us