

Relating with Empathy: Handout

Relating with empathy means making a deliberate, conscious choice to feel along with another individual. Empathy can be likened to 'putting yourself in another's shoes' and therefore also involves experiencing the emotions that the other person is feeling. Empathy involves actively (rather than passively) listening to the other person, withholding judgment and limiting how much you interrupt the other person.

Instructions: Work in pairs for this activity. One person assumes the role of the Speaker, the other person takes the role of the Listener.

As the **Speaker**, you should try to:

- Relate your story in as much detail as possible.

As the **Listener**, you should try to:

- Pay attention to the emotions expressed by the Speaker. Encourage the Speaker to tell you more about his/her feelings.
- Encourage the speaker to continue by using phrases such as "go on", "tell me more".
- Try to repeat what the Speaker has said, but in your own words. This is called paraphrasing. Paraphrasing helps convey to the Speaker that you have correctly, and accurately understood what he/she was trying to say.
- Avoid interrupting the speaker. Withhold judgment and any refrain from criticizing the Speaker for what he/she is saying.

Swap roles after 10-15 minutes.