









## Relating with Empathy

	<b>Objective:</b> To develop empathetic listening and responding skills.
	<b>Time Requirements:</b> a. Preparation: 5 minutes b. Activity: 10-20 minutes
	<b>Items:</b> a. Listening with Empathy Handout
	<b>Learning Outcomes:</b> a. Enhanced ability to listen empathetically, to identify emotions expressed by another (EI Subskill 3: Understanding Others' Emotions) b. Enhanced ability to respond with empathy (EI Subskill 4: Managing Others' Emotions)
	<b>Key Learning Point:</b> Listening and responding with empathy helps us understand others' emotions better.
Self-Disclosure: ****	
<b>Difficulty:</b> Intermediate-Advanced	

### Instructions

1. Empathy – the ability and willingness to feel along with another individual, is an important interpersonal skill. To start this activity, ask participants to recall the last time they shared their emotions with another person, and how that interaction went. If the interaction went well, participants may say that the interaction was reassuring, or perhaps even pleasant. If the interaction did not go well, they may recall that it aroused unpleasant emotions – perhaps feelings of being judged or criticized. Tell participants that relating well with others also means acknowledging and feeling with the other person. This helps introduce the concept to empathy to participants.
2. Have participants work in pairs for this activity. Assign each individual in the pair as either a Speaker or Listener. The Speaker will be asked to share a recent incident which elicited certain unpleasant emotions. The Listener will listen to the Speaker's story and respond when appropriate. Allocate approximately 10 minutes before asking the participants to swap roles. Use the Relating with Empathy Handout to provide suggestions and tips to both the Speaker and Listeners.
3. After pairs have had the chance to be both the Speaker and Listener, ask participants to reflect on their interactions with the reflection questions below.

	<b>Reflection Questions:</b> a. Listener – What did you find most challenging about this activity? b. Speaker – Did the Listener make you feel understood, and comfortable when you were relating your personal incident or experience?
	<b>Further Reading and References:</b> a. Schwaber, E. (1981). Empathy: A mode of analytic listening. <i>Psychoanalytic Inquiry</i> , 1(3), 357-392. doi: 10.1080/07351698109533410
	<b>Note:</b> a. Reassure participants that they do not have to share or disclose personal events or experiences if they are not comfortable doing so.