



## EMPATHETIC LISTENING PRACTICE

You can practice listening with empathy by asking someone you know, “How are you?” Follow the steps below.



1. Ask, “How are you?”
2. Sit silently, make eye contact and actively listen.
3. Notice your body language.
4. Respond. Here are some options:
  - “Tell me more about that.”
  - “Help me understand.”
  - “It sounds like you feel \_\_\_\_\_.”
  - “What do you need right now?”
  - “Is there anything I can do for you?”
5. Thank them for sharing.

Feel Well, Be Well, Do Well and Practice Empathy Often!