

FIVE STEPS TO CULTIVATE EMPATHY

Step 1 – Watch & Listen: What is the other person saying and what is his or her body language?

Step 2 – Remember: When did you feel the same way?

Step 3 – Imagine: How the other person feels and how you would feel in that situation.

Step 4 – Ask: Ask what the person is feeling.

Step 5 - Show You Care: Let them know that you care through your words and actions.



Randy Taran of Project Happiness