



Empathy Responses

Read the list of responses and place a check mark next to the ones that sound like something you'd like to hear or that would be natural for you to say to others.

- _____ 1. "I'm sorry you are going through this."
- _____ 2. "I hate that this happened."
- _____ 3. "That must be hard."
- _____ 4. "That sounds really challenging."
- _____ 5. "I can see how that would be difficult."
- _____ 6. "I'm at a loss for words... I don't know what to say."
- _____ 7. "I can't imagine what you must be going through."
- _____ 8. "I wish I could make it better."
- _____ 9. "What has this been like for you?"
- _____ 10. "I want to make sure I understand..."
- _____ 11. "You seem to be feeling _____. Is that right?"
- _____ 12. "Is there anything else you want to share?"
- _____ 13. "My heart hurts for you."
- _____ 14. "It makes me really sad to hear this happened."
- _____ 15. "I'm so glad you told me."
- _____ 16. "Thank you for trusting me with this. That really means a lot."
- _____ 17. "This must be hard to talk about. Thanks for opening up to me."
- _____ 18. "What do you need from me right now?"
- _____ 19. "I'm happy to listen any time."
- _____ 20. "I would like to do _____ for you."