

Examples of Empathy Statements
The Indispensable Advisor, Lesson 2
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When someone expresses empathy, we feel seen and heard. Even though it may feel awkward or manufactured to you at first, the more you do this, the more natural it will become.

There are opportunities every day to practice Voiced Empathy, but you may have to develop your active listening skills in order to discover them. Talk less. Listen more. Put yourself in other people's shoes. Don't jump to solutions, just listen. Then try the statements below, or come up with your own variations.

- That sounds really challenging.
- I would be upset/angry too.
- It makes total sense to me that you would feel this way.
- You're saying that _____? [rephrase what you heard] That's unbelievable.
- It has to be hard to deal with that.
- I'm sorry you have to deal with this.
- That must be so frustrating.
- I can't believe they said/did that.

Voiced Empathy is not a parlor trick — we never know how someone else really feels. You will find more organic and authentic ways to express empathy as you practice, but first you need to break the habit of not listening, or of not saying anything, or of trying to fix things.

Most people feel unheard or unseen at times in relationships, and most of us can be better at listening and empathizing. Practicing this is a big differentiator and a powerful way to move up the ladder of trust in any relationship.

Please share your experiences, questions, successes, and failures with this lesson.