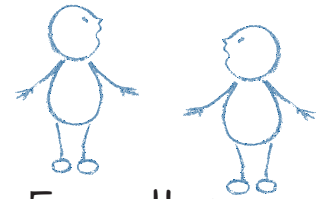


Building Connection



through Empathy

When a friend is hurting or going through something that brings up lots of emotions, the best thing you can do is listen. Let your friend talk about what is bothering them and then show them that you want to be there for them.

Be careful about trying to fix your friend's problem right away, it may cause more hurt feelings. They need to feel supported and heard before they can problem solve.

Look at the following examples, then use the space below to think of examples from your own life.

YES (Building Connection)

- I'm here for you
- It's okay to talk about how you feel
- I care about you
- I can see this is very difficult for you
- This situation sounds so stressful
- I hear you saying...is that right?
- You're not alone
- I believe you, this is how you feel
- I'm so glad you told me
- I want to understand
- Can you tell me more about...?
- I will help you through this
- Please tell me what's going on

NO (Pushing Away)

- You'll get over it soon
- Think happy thoughts
- At least it's not as bad as last time
- Oh...you poor thing
- It's not so terrible, stop crying
- That's not a big deal
- It could be worse
- I can't believe you're mad about that
- It's not so bad, did you try ...?
- Just get some sleep, you'll feel better
- I can't believe you did that
- I get it, you're sad
- What's your problem?

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