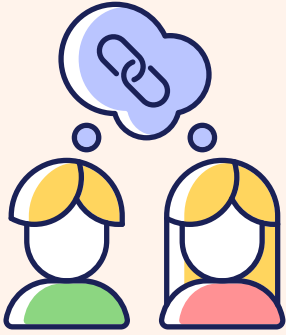


Empathetic Response

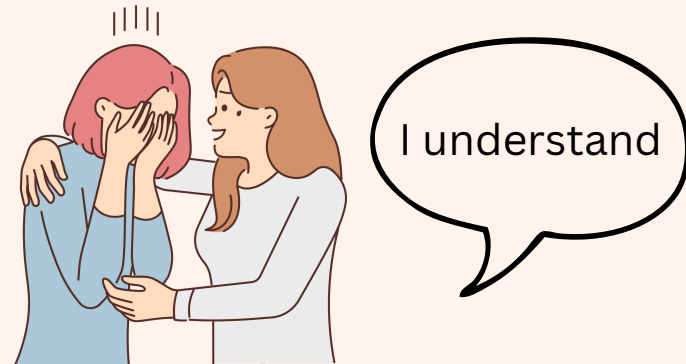


1. Perspective taking means being able to see a situation from another person's viewpoint, not just your own limited perspective.

2. Staying out of judgment means keeping an open mind about a situation and being willing to not jump to conclusions



3. Recognizing emotions means hearing how the other person is feeling and acknowledging that



4. Showing you understand means putting yourself in their shoes and communicating that their feelings are heard and are valid.

Situation: An untrue rumor that Julie was fired is going around school



That is a really hard situation, I'm sorry that you are feeling so frustrated. Thank you for opening up to me about this.