

Empathetic Responses

Remember empathy is a process of being with the person who is talking to us, standing in their shoes and trying to understand the other person from their point of view.

Which response is the most empathetic.

1. I'm not going to get through this job interview. I know I'll make a mess of it like I always do.

- a. No you won't! Not if you make up your mind not to.
- b. Come on! Have some faith in yourself. You'll be all right.
- c. You're worried you'll go to pieces when you get in there.
- d. Why don't you talk to someone who has already had the interview and pick up some tips?
- e. You feel you've had some bad interview experiences and that this one will be bad too; I'm sure it won't be this time.

2. God seems so far away. When I pray it all feels unreal as if God has abandoned me.

- a. You must believe that He is with you. That is what faith is.
- b. You sound as if you feel very much alone.
- c. I guess we all goes through these feelings.
- d. Would you like me to pray with your?
- e. You sound as though you don't believe in God anymore.

3. I'd like to go out more but I don't find it easy to meet people.

- a. That's no problem if you really want to go out.
- b. I'm here to help you meet more people.
- c. That sounds a difficult step to have to take.
- d. People are quite friendly really.
- e. Do you really want to meet people.