

# 5 STEPS TO EMPATHY

## STEP 1: PAY ATTENTION!

- What is your friend saying?
- How would you describe his or her body language?

## STEP 2: CONNECT!

- Make a personal connection to how your friend is feeling.
- When have you experienced a similar feeling?

## STEP 3: IMAGINE!

- How do you think your friend feels right now?
- How would you feel if this were to happen to you?

## STEP 4: ASK!

- Ask your friend how he or she is feeling.

## STEP 5: ACT!

- Listen attentively to your friend talk about his or her feelings.  
Make eye contact.
- Show your friend that you care with your words and actions.