

# Table Talk 2: Components of Empathy

- **Perspective-taking** refers to walking in the other person's shoes and trying to be able to see the world as they see it.
- **Staying out of judgment** means not making comments that infer their feelings are invalid or wrong such as, "I really don't think that's such a big deal?" or "Why did you get so upset?"
- **Recognizing the emotion** is looking within yourself and identifying that feeling the other person could be feeling. We need to get in touch with something inside us that connects with what they may be feeling.
- **Communication** refers to being expressive about understanding their emotion and validating them. Rather than saying, "At least..." or "It could be worse..." try, "I've been there, and that really hurts," or (to quote an example from Brene Brown) "I'm not even sure what to say, I'm just so glad you told me."

*Please discuss one component and give examples and non-examples of empathy.*