

Empathetic Listening

...the sentence frame can be very useful for keeping us focused on feelings and needs. This focus supports empathic connection.

Sentence Frames for Empathy Guesses

1. Are you feeling (insert feeling word here) because you're needing/wanting (insert need word here)?
2. I am wondering if you're feeling (insert feeling word here) because you're needing/wanting (insert need word here).
3. Sounds like you're feeling (insert feeling word here) because you are needing/wanting (insert need word here).
4. I am guessing you're feeling (insert feeling word here) because you're needing/wanting (insert need word here).
5. So, you're feeling (insert feeling word here) because you're needing/wanting (insert need word here).
6. Is it that you're feeling (insert feeling word here) because you are needing/wanting (insert word here)?

The sentences above are examples. With practice you will find the language that works for you. Stay with the empathy until you feel a body relaxation or release in the other person, the person becomes quiet, or you no longer choose to stay in the empathetic place.