



**LOOKING AHEAD:**

# Demonstrating Empathy

Use this form to prepare yourself for a conversation you are soon going to have where you intend to demonstrate empathy. Do your best to consider fully how you are thinking and feeling about the conversation, and how your conversation partner is thinking and feeling.

What assumptions or preconceptions are you bringing to the conversation that might make it difficult to listen with empathy?

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What emotions do you anticipate your conversation partner might be feeling?

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What needs do you think your conversation partner currently has regarding your future topic of conversation?

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What other thoughts do you have about understanding your conversation partner's perspective and emotions?

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