

Empathy Blocks

- * **Advising:** “I think you should”
- * **Educating:** “This could turn into a positive experience if you just —“
- * **One-Upping:** “That’s nothing, wait until you hear what happened to me!”
- * **Consoling:** “It wasn’t your fault. You did the best you could.”
- * **Sympathizing:** “Oh you poor thing.” “I’m so sorry — “
- * **Story-telling:** “That reminds me of something I heard on the news — “
- * **Shutting down:** “Cheer up. Don’t feel so bad.” or “Come on, let’s go (for ice cream, to the gym, etc...”
- * **Interrogating:** “Then did this begin?”
- * **Correcting:** “That’s not how it happened.”
- * **Reassuring:** “It will all be OK.”
- * **Denial of Feelings:** “Don’t worry, It’s silly to worry.”
- * **Minimizing:** “This isn’t so important.”
- * **Diagnosing:** “Your problem is you’re a compulsive worrier.”
- * **Analyzing:** “I think you are reacting like this