



# Steps Toward Empathy

1

LISTEN WITHOUT  
JUDGEMENT

It takes  
**COURAGE** to **LISTEN**,  
to **IDENTIFY**  
what is really being  
expressed to you.

2

IDENTIFY THE  
FEELINGS

To **TRUST** that  
*"being with"* them in  
the struggle is the  
**Empathy & Validation**  
needed for true  
**Connection &  
Relationship**  
growth & change.

3

"BE WITH" THEM  
IN THE FEELING

**EMPATHY** takes  
**COMPASSION**,  
**COUAGE**, & willingness  
to **CONNECT**  
during the difficult  
times.

4

ACKNOWLEDGE,  
RELECT, &  
VALDIATE