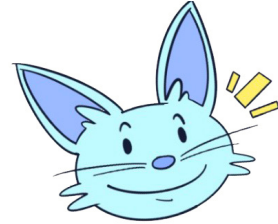


5 STEPS TO EMPATHY

STEP 1: PAY ATTENTION!

- What is your friend saying?
- How would you describe their body language?



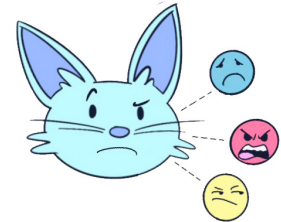
STEP 2: CONNECT!

- Make a personal connection to how your friend is feeling.
- When have you experienced a similar feeling?



STEP 3: IMAGINE!

- How do you think your friend feels right now?
- How would you feel if this were to happen to you?



STEP 4: ASK!

- Ask your friend how they are feeling.



STEP 5: ACT!

- Listen attentively to your friend talk about their feelings.
- Use your words and actions to show your friend that you care.

