

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #19: PRACTICE EMPATHY



Ernest Hemingway, an American writer, once said, “When people talk, listen completely.” Sometimes looking at a situation from someone else’s perspective can be difficult when you feel frustrated. Maybe you don’t really understand what the other person is going through. Being able to hear the other person out completely is the first step to practicing empathy and reaching forgiveness.

Being in a constant state of holding onto resentment drains us of our happiness. This can change our mood, our relationships, and even our health. When we make the choice to focus on empathy, we are actively creating more mental space for positive emotions such as love. Empathy is the ability to understand and share feelings with others. Make it a daily mission to look at situations from the other person’s perspective, completely listening, and developing empathy.

Practice Forgiveness Today:



1. WHEN YOU ARE FRUSTRATED WITH SOMEONE OR FEELING RESENTMENT TOWARDS THEM, TAKE THREE DEEP BREATHS.
2. BEFORE TALKING TO THE PERSON AGAIN, THINK ABOUT THE SITUATION FROM THEIR POINT OF VIEW. TRY TO UNDERSTAND AND SHARE THEIR FEELINGS.
3. ASK TO SPEAK TO THE PERSON BECAUSE YOU WANT TO HEAR THEIR POINT OF VIEW.
4. LET THEM TALK THROUGH THEIR POINT OF VIEW WITHOUT INTERRUPTING AND KEEPING IN MIND THAT YOU ARE BEING OPEN TO FULLY LISTENING AND HEARING THEM OUT.
5. AFTER THIS PERSON DISCLOSES THEIR POINT OF VIEW AND FEELINGS, SAY AN EMPATHETIC STATEMENT SUCH AS, “I’M SO GLAD YOU TOLD ME” OR “THANK YOU FOR SHARING THAT WITH ME.” THIS CAN OPEN THE CONVERSATION UP AND MAKE IT EASIER FOR YOU BOTH TO FEEL COMFORTABLE TO SHARE IN THE FUTURE.

Parent Practice Tip:

Practice being empathetic with your child(ren) by listening to their point of view, waiting for them to finish, and saying, “Thank you for sharing that with me.” This will show your child(ren) how they can show empathy.

To Learn More:

[Empathy with Sesame Street and Mark Ruffalo](#)
[Students Explain “What is Empathy?”](#)
[“Empathy Explained by Brené Brown](#)

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