

Communicating Empathy and Understanding

Use these statements to communicate empathy and understanding to your child:

- You must feel so _____ (helpless, hopeless, frustrated, and happy).
- I wish you didn't have to go through this.
- Oh, wow, that sounds terrible.
- You probably felt really _____ (fill in emotion)!
- No wonder you're upset.
- I'd feel the same way you do in your situation.
- That would scare me, too.
- That sounds so embarrassing.
- You must have felt like sinking through the floor.
- How annoying!
- How irritating!
- You must have been furious!
- I'd be so mad if I had to go through that.
- That sounds really scary.
- That must have been _____ (fill in emotion: painful, frustrating, fun) for you.
- What fun!
- That sounds fantastic.
- What a surprise.
- That's just shocking.
- That would make me _____ (fill in emotion: mad, sad, angry) too.
- I would have been disappointed by that, too.
- That would have hurt my feelings also.
- I would have trouble coping with that.

An empathic statement = Name the Feeling + Validate the Feeling