

# Active Listening & Empathy



Want to be a better friend, parent, or partner? The good news is that you can do so by developing your skills in empathy, the ability to understand another person's feelings, and validation, the ability to acknowledge another person's feelings. Practicing these skills can enhance your relationships, build trust, and improve emotional connections.

Use this worksheet to reflect on your responses and their outcomes to identify areas for improvement and reinforce the positive impact of empathetic communication.

**Check out the examples below, and start practicing!**

Scenario	Empathetic and Validating Response	Reflection
Your friend says, "I'm really stressed about my upcoming exams."	"I can see how much this is weighing on you. It's understandable to feel stressed with so much on your plate."	This response acknowledges the friend's stress and shows understanding, which can help them feel heard.
"I'm upset because my plans got canceled last minute."	"It's completely understandable to feel upset when things don't go as planned."	This response validates the person's feelings, making them feel understood and supported.
"I feel lonely since moving to a new city."		
"I'm nervous about my job interview tomorrow."		
"I feel guilty for not spending enough time with my family."		
"I'm anxious about my health."		