

1 Empathy Cheat Sheet

Work Stress

- *"That sounds overwhelming. It's understandable to feel stressed with so much going on."*
- *"I can see how that would feel exhausting. What part feels most challenging?"*

Personal Loss

- *"I'm so sorry you're going through this. Losing someone you care about is incredibly hard."*
- *"If you want to share memories or just sit quietly, I'm here for you."*

Feeling Unappreciated

- *"It must feel discouraging when your hard work isn't recognized."*
- *"Your effort matters, even if it doesn't always get acknowledged."*

Anxiety About Change

- *"It's natural to feel anxious about big changes—it shows you care about doing well."*
- *"What part of the transition feels most challenging for you?"*

Conflict with Someone

- *"That sounds uncomfortable. Conflicts can really weigh on us."*
- *"Do you want to talk about what happened or how you're feeling now?"*

Empathy Formula

✓ Acknowledge Emotion:

"That sounds overwhelming."

✓ Validate Experience:

"Many would feel that way in your situation."

✓ Offer Support: *"I'm here if you want to talk."*

1. Put Yourself in Their Shoes

Imagine how the other person feels in their situation.

2 Empathy Cheat Sheet

Ask yourself: *"How would I feel if I were them?"*

2. **Forgive Freely:**

Release grudges and choose reconciliation over resentment.

3. **Serve Without Expectation:**

Offer help, kindness, or encouragement without looking for something in return.

4. **Speak Life:**

Use words that uplift, affirm, and inspire rather than criticize or tear down.

5. **Show Consistency:**

Love isn't just a feeling—it's a daily choice expressed through actions.

When we live out this kind of love, we create spaces where people feel valued and accepted, which can ripple out to transform families, workplaces, and communities.

John 13:33-35

³³ Little children, yet a little while I am with you. Ye shall seek me: and as I said unto the Jews, Whither I go, ye cannot come; so now I say to you.

³⁴ A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another.

³⁵ By this shall all men know that ye are my disciples, if ye have love one to another.