

# EMPATHY

**Speaking with Empathy.** Use the chart below to help you identify any unconscious fears that might make you feel offended, defensive, angry, or impatient with your child's behavior. Look past the fear to explore the feelings and needs your child might be having.

<b>JUDGMENT</b>	<b>MY FEAR</b>	<b>EMPATHY</b>
You're a big girl. Be nice, and share. You need to stop being rude.	<b>FEAR OF JUDGMENT</b>	It's hard being the big sister. Would you be willing to share your snack? Those words make it hard to know what you need.
You never listen. I expect more from you. I'm not sure what you expect me to do about it?	<b>FEAR OF NOT BEING RECOGNIZED</b>	You looked away when I asked you a question. I wasn't expecting that. It sounds like you could use some help.
I can't stand this fighting. You're being ridiculous. If you can't clean up this mess, you don't deserve to have nice things.	<b>FEAR OF BEING USED OR ABUSED</b>	You're having a lot of disagreements lately. Sounds like you had a different idea than I did. Let's break it up into smaller tasks.
You're not doing it right. I wish you'd pay attention. Stop torturing him. He didn't mean it. He's only little.	<b>FEAR OF FAILURE</b>	You want to try it yourself. Hmm, that's not working. It's tough to focus when you're distracted. I imagine that's frustrating.



# EMPATHY

**What's My Fear?** Think of a behavior you find challenging and try to identify the fear that causes you to react with blame, shame, judgment, or guilt. Next, rewrite your judgmental reactions into a statement of empathy where you validate needs, honor emotions, or offer your child a helpful idea.

JUDGMENT	MY FEAR	EMPATHY