

3 Steps to empathy

1. I notice YOU.

“...Love your neighbor as yourself.” Matthew 19:19

a) Know your own **agenda** and set it aside *for now*.

b) Practice **priming**.

c) Offer an agenda-less **presence**.

d) Move from **“it”** to **“you”**.

“Moving your opinions and judgments aside and allowing the other person's opinions and judgments to be fully expressed.” - Martin Buber

e) Listen with the **third ear**.

“The most important thing in communication is to hear what isn't being said.”
-Peter Drucker

2. I feel with you.

“Turning on your emotional radar.”

We communicate 7% words, 38% in how it's said, and 55% body language.

“Be happy with those who are happy, and weep with those who weep.”

Romans 12:15 New Living Translation

3. I act to help you.

“You're blessed when you care. At the moment of being 'care-full,' you find yourselves cared for.”
Matthew 5:7 The Message