



Coping with
Quarantine Life

Activity: *Communicate with Empathy*

Struggling to communicate with empathy? [Nadia Kyba, MSW](#), TrueSport Expert and President of Now What Facilitation, has a list of steps and statements to help you support someone's grief through empathy while also empowering them to look for their own realistic solutions to move forward.

Start with an empathy statement:

I understand how you feel.

You must feel so hopeless.

You're in a tough spot here.

I can feel the pain you feel.

I wish you didn't have to go through that.

No wonder you are upset.

Then a statement that aligns you with them:

I am on your side here.

Once they are ready, ask open ended questions to help them move forward and problem solve:

Tell me more...

What next...?

What do you see as your options?

What I am hearing you say...

What am I missing?

What are you thinking...?

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