



# 15 POWER STATEMENTS TO HELP SHOW EMPATHY

1. That makes sense...
2. I don't know what to say
3. I can't imagine how you must feel
4. I'm glad you shared that with me
5. If I understand you correctly...
6. That sucks...**OR**...that's terrible
7. No wonder you're upset
8. I'm here for you
9. That would frustrate me too
10. What I'm hearing you say is...
11. No wonder you're upset
12. That is disappointing
13. I see how you would be frustrated
14. This kind of thing is never easy
15. I wish you didn't have to go through this/that