



INTERNATIONAL DAY OF LISTENING

Empathy Blockers

EMPATHY BLOCKER

EXAMPLES

Downplaying	= Oh, don't cry. I'm sure it's not that bad! It's not the end of the world.
Denial	= There is nothing wrong; nothing for you to be upset about. Everything is OK.
Reasoning	= Don't cry. Can't you see that the other child didn't mean to hurt you?
The positive spin	= Look on the bright side. Can't you see, this probably happened for a good reason?
Cheering up	= Don't worry. Here, let me tell you something funny I heard the other day. Here, have an ice cream. That'll cheer you up.
Advising/giving options	= Why don't you try doing this, or that? I think you should just ignore that so-and-so.
The expectation	= You should have known better. Get over it. Don't let it get to you.
Put down	= Don't be silly. Don't be ridiculous.
Diagnosing/labeling	= You are being over-sensitive.
Distracting/diverting	= Hey, have a look at the pretty puppet.
Stealing the thunder	= Now you know how I felt when the same thing happened to me.

Empathy Blockers:

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