

# EMPATHIC LISTENING RECIPE

## Exploratory Opening + Feeling + About/Because/When + Thought

It sounds like...	you feel happy...	about...	your big promotion.
I hear you saying that...	you feel sad...	because of...	what she said about you.
If I hear you correctly...	you feel angry...	when...	your roommate doesn't help out.
You seem to be saying...	you feel afraid...	about...	your dad's cancer.
It seems like...	you feel ashamed...	because of...	the fight you had this morning.
Is it possible...	you feel tired...	because...	you had to work on your day off?
I hear you expressing...	you feel lonely...	when...	you remember your wife?

INTENSITY OF FEELINGS	HAPPY	SAD	ANGRY	AFRAID	ASHAMED	TIRED	LONELY
<b>LOW</b>	At Ease Relaxed Comfortable Secure Content Refreshed Pleased Glad	Down Blue Low Bored Disappointed Dissatisfied Dreary Unhappy	Cranky Bothered Annoyed Miffed Resistant Offended Disgruntled Irritated	Cautious Wary Unsure Suspicious Timid Nervous Worried Tense	Self-Conscious Awkward Silly Uncomfortable Ridiculous Regretful Demeaned Flustered	Sleepy Sapped Stressed Faint Thin Dull Worn Taxed	Empty Withdrawn Left Out Removed Disconnected Alone Invisible Unwelcome
<b>MEDIUM</b>	Fulfilled Grateful Satisfied Amused Good Relieved Optimistic Encouraged	Somber Lost Discouraged Distressed Empty Let Down Melancholy Hurt	Cross Upset Frustrated Mad Agitated Aggravated Disgusted Indignant	Apprehensive Uneasy Insecure Intimidated Overwhelmed Anxious Frightened Threatened	Sorry Apologetic Lousy Guilty Sneaky Embarrassed Disgusted Unworthy	Listless Lethargic Spent Weary Heavy Fed Up Drained Burnt Out	Reclusive Cut Off Excluded Insignificant Ignored Neglected Separated Detached
<b>HIGH</b>	Cheerful Delighted Excited Thrilled Overjoyed Elated Ecstatic Fired Up	Depressed Heartbroken Miserable Grieved Hopeless Crushed Defeated Devastated	Livid Resentful Betrayed Loathsome Furious Irate Enraged Outraged	Shocked Frantic Panicky Fearful Petrified Dread Horrorified Terrified	Remorseful Belittled Humiliated Worthless Disgraced Violated Dishonored Mortified	Weak Overtired Numb Jaded Depleted Exhausted Fatigued Haggard	Isolated Unwanted Rejected Alienated Deserted Outcast Abandoned Destitute