
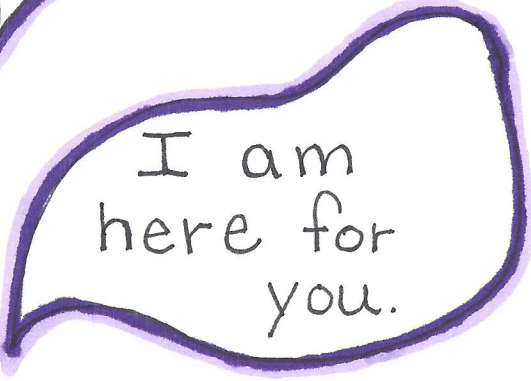


Listening: Empathetic and Dismissive

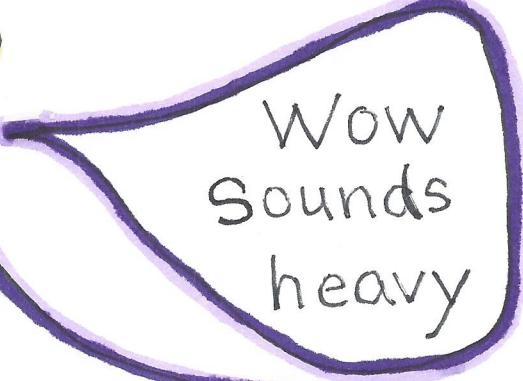
How we listen is important to our success. Here is a simple tool to help build listening skills. Have kids come up with 2 or 3 examples of empathetic listening and dismissive listening. An example is provided that can be copied (if we ink it we often think it) or that can be used to give more ideas.



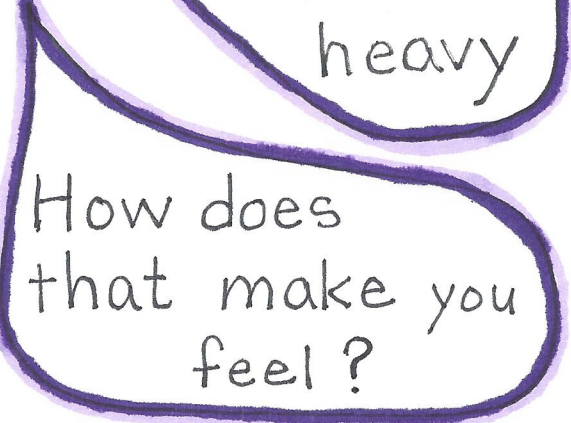
Share
anytime



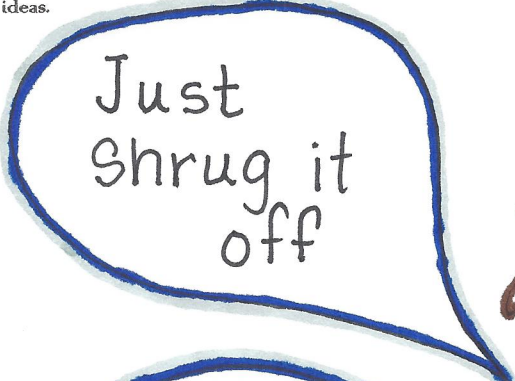
I am
here for
you.



Wow
Sounds
heavy




How does
that make you
feel?



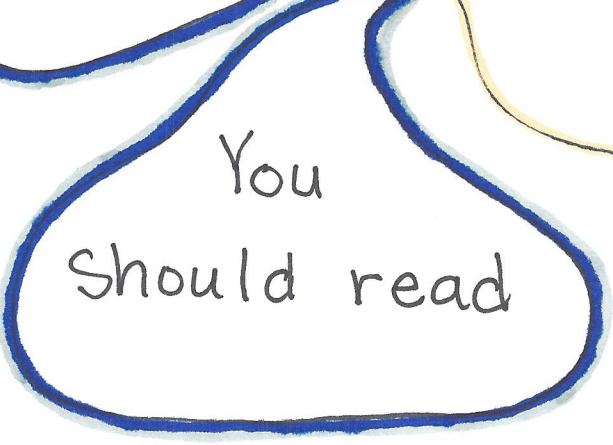
Just
Shrug it
off



Stop
your
worrying



Don't
be mad



You
Should read



Listening: Empathetic and Dismissive

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Empathetic listening has more to do with wanting to hear and understand, while Dismissive listening has more to do with wanting to fix what you hear the other person saying to you. Examples are listed below.

Empathetic Listening

- * I hear you
- * Wow that sounds deep
- * How can I help you?
- * I am here for you
- * Want to walk and talk
- * Share anytime
- * How does that make you feel
- * Take your time and tell me

Dismissive Listening

- *It could be worse
- * Just shrug it off
- * Don't be mad
- * You will be fine
- *Why don't you try this
- * Stop worrying
- * That happened to me
- * You should read



Listening: Empathetic and Dismissive

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Empathetic Listening



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Dismissive Listening



Together we make therapy better! tm