

Telling an Empathy Story

Empathy is an integral part of social and emotional development and an essential motivator for helping those in distress. In a very literal sense, it is the “*ability to feel or imagine another person’s emotional experience*” (McDonald & Messinger, 2011).

Telling someone else’s story can be an excellent way to understand other perspectives while developing empathy.

The *Telling a Story* worksheet includes five steps that can be used in individual or group sessions:

1. Identify a story. It could be a family member, a newspaper clip, or a biography.
2. Choose a medium. How do you want to tell the story?
 - a. Art (cartoons, drawings, collages, etc.)
 - b. Newspaper article, poetry, or dramatic story
 - c. Video, narration, and music
3. Use your own words and style to try and focus on how the person feels, what emotions they were going through, what fears and hopes they have.
4. Share the story with someone and explain what you think they feel and why.
5. Ask the other person what they think of the story and what emotions they saw in it.

References

- McDonald, N. M., & Messinger, D. S. (2011). *The Development of Empathy: How, When, and Why*. Retrieved September 01, 2020, from https://www.researchgate.net/publication/267426505_The_Development_of_Empathy_How_When_and_Why

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