

Eleven Empathy Blockers

“Our real purpose is to fit ourselves to be of maximum service to God and the people about us.” BB Pg 77.

An Exercise to help us recognize empathy blockers. Notice our feelings when we experience others blocking us, then practice better responses to display empathy when we respond to others.

1. **Fix it** Statement: I’m worried about having enough money to pay the bills.
Blocker reply: I’ll loan you the money.
Better:
2. **One-upping** Statement: Look at my scar from the cycling accident
Blocker reply: That’s nothing, you should see the one on my knee.
Better:
3. **Storytelling** Statement: I got caught in traffic for two hours with no air-conditioning
Blocker reply: That reminds me of the time...
Better:
4. **Consoling** Statement: I feel so sad that my son is in a rehab center
Blocker reply: It’s not your fault. You are a good parent. You did your best.
Better:
5. **Sympathize** Statement: I just got the lab results back and it’s bad news.
Blocker reply: Oh, you poor thing!
Better:
6. **Advise** Statement: It’s scary for me to get up and speak in front of people.
Blocker reply: Have you tried Toast Masters?
Better:
7. **Interrogate** Statement: I’ve been trying to lose weight and just feel frustrated.
Blocker reply: When did you first start having this problem?
Better:
8. **Shut down** Statement: I lost my job.
Blocker reply: Cheer up. Let’s just go out.
Better:
9. **Explain** Statement: I’m really upset that you’re always running late.
Blocker reply: The reason I’m late is because...
Better:
10. **Correct** Statement: I’m hurt over what you said to my mom.
Blocker reply: That’s not what I said...
Better:
11. **Educate** Statement: My boyfriend left for college in another state.
Blocker reply: This is a great opportunity for you to learn...
Better: