

Empathic Inquiry

Questions that help us explore feelings

- What was that like for you?
- That sounds difficult (or other word that describes situation). Would you like to talk more about that?
- I can understand why you would be upset. Can you tell me more about how you're feeling?
- To me that sounds like it would be very difficult (*challenging, hurtful, scary, or other word that describes situation*). I'm wondering what it is like for you?
- It sounds like you have some very strong feelings about that, Can you tell me more?
- What did that feel like for you when that happened?
- It seems like you have a lot going on in your life right now, how has it been for you?
- I'm here to listen, would you like to tell me more?
- Can you tell me more about that?

