



Module 3: ACTIVITY 1

Improving Our Parenting Interactions By Asking Empathic Questions

ACTIVITY: Change the following statements to empathic questions.

EXAMPLE:

- ORIGINAL RESPONSE: "Because you did this, you need to suffer the consequences."
- EMPATHIC RESPONSE: "What can we do to solve this problem?"

- ORIGINAL RESPONSE: "Why would you do that? Now no one gets to go."
EMPATHIC RESPONSE:

- ORIGINAL RESPONSE: "Stop that, settle down."
EMPATHIC RESPONSE:

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ORIGINAL RESPONSE: “Be quiet!”

EMPATHIC RESPONSE:

ORIGINAL RESPONSE: “So help me if you throw that down!”

EMPATHIC RESPONSE:

ORIGINAL RESPONSE: “Why can’t you be like the other kids?”

EMPATHIC RESPONSE:

ORIGINAL RESPONSE: “Stop your crying, you sound like a big baby.”

EMPATHIC RESPONSE:

ADDITIONAL THOUGHTS:
