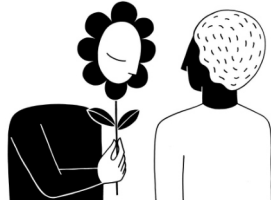


## EMPATHY MISS #1

### Empathy vs. Sympathy

The friend who responds with sympathy ("I feel so sorry for you") rather than empathy ("I get it, I feel with you, and I've been there").



## EMPATHY MISS #2

### The Gasp and Awe

The friend who hears your story and feels shame on your behalf. They may gasp and tell you how horrified you should be ("OMG, I can't believe you did that"). When this happens, you feel the need to make the other person feel better rather than asking for what you need, which is empathy.



## EMPATHY MISS #3

### The Might Fall

The friend who sees you as perfect so they feel let down and disappointed about your imperfections ("I just never expected that from you. I didn't think you would ever be someone who didn't do well. What happened?").



## EMPATHY MISS #4

### The Block and Tackle

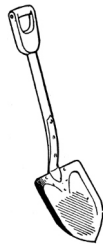
The friend who is so uncomfortable with vulnerability that they criticize you ("What happened?! What were you thinking?").



## EMPATHY MISS #5

### The Boots and Shovel

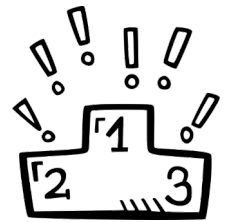
The friend who is all about making it better and, out of their own discomfort, refuses to acknowledge that you can actually make terrible choices ("You're exaggerating. It wasn't that bad. You rock. You're perfect. Everyone loves you"). They are trying so hard to make you feel better that they are unable to connect with your emotions.



## EMPATHY MISS #6

### If You Think That's Bad...

The friend who confuses "connection" with the opportunity to one-up you ("That's nothing. Listen to what happened to me one time!").



## EMPATHY MISS #7

### I Can Fix That

The friend who immediately jumps to problem-solving rather than just being with you in your experience. Instead, ask the person, "What does support look like?" This gives the person the opportunity to say, "Just listening helps" or "Can you help me figure this out?"

