

## EMPATHY

Respond with an empathic statement to each of the following scenarios:

1. A 45 year old man tells you: "I am finding it increasingly difficult to get up for work in the morning. I have been feeling this way for the past 3 months. I often go out with people from work and we usually drink; sometimes I don't get home until 3 o'clock in the morning. I don't think I'm an alcoholic because I can go for weeks without drinking.

*(Ex: "Sounds like you're questioning the impact drinking is having on your work life...")*

2. A 55 year old woman says to you: "I have been using cocaine and alcohol ever since my husband left me a few years ago. It's starting to concern me because I am getting older. But I don't know if I am more concerned about using them or how I might feel if I stop using them..."

*(Ex: "Your husband leaving you was extremely painful. Sounds like you might be feeling ready to move on now with the rest of your life...")*

3. A 45 year old single mother says: "My teenage daughter pressured me into seeing you. She worries that I drink too much because occasionally I forget things. My drinking is no problem; everybody forgets things once in awhile..."

*(Ex.: Your willingness to come in and talk about this shows you care a great deal about your relationship with your daughter)*