

Empathy Mnemonic

by

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Eye Contact

Muscles of Facial Expression

Posture

Affect (expressed emotions)

Tone of Voice

Hearing the whole person (understanding the person's context)

Your response (most feelings are mutual)

“I See You”

Material adapted by Suzanne Welstead (2016) from Helen Riess' TED talk *The Power of Empathy*.

Link: <https://www.youtube.com/watch?v=baHrcC8B4WM>