

# Not Empathy\*

- Giving Advice
  - “I think you should...”
- One-upping
  - “That’s nothing...”
- Educating
  - “You will learn from this...”
- Consoling
  - “It wasn’t your fault...”
- Story-telling
  - “That reminds me...”
- Shutting Down
  - “Don’t feel so bad...”
- Sympathizing
  - “You poor thing...”
- Interrogating
  - “When did this begin...”
- Defending/ Explaining:
  - “I would have called but...”
- Correcting
  - “That’s not how it happened.”



\*From the book “Nonviolent Communication – A Language of Life” by Marshall Rosenberg, pp. 92-93.