E EMPATHY

VOICES CHALLENGE | VIDEO 5 OF 6 | DAY 21

SECTION 5 OF YOUR 30 DAY VOICES LEADERSHIP GROWTH PLAN

A LITTLE INFORMATION

Empathy is meeting people where they are and trying to understand their perspective without judging them. It is not pity. It is not agreement. It is not confirming bad behavior so someone can avoid responsibility.

Real empathy preserves agency. You can understand why someone behaved a certain way and still hold the standard.

The question to ask: What might I be missing about the other person's experience, constraints, fears, or motivations? Can I understand without excusing?

THIS WEEK'S ACTION STEP

1. In one conversation today, ask two genuine questions before you offer any advice. Your job is to understand their experience, not to show how useful you are.
2. Think of someone whose decision you disagree with. Write what you can understand about their perspective, without pretending you support the decision.

WHEN YOU HAVE DONE THE STEP

Turn the page for this week's questions. Then type your answers into the form right under this week's video. Your answers are saved to your profile, emailed to you, and sent to JJ.

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THIS WEEK'S QUESTIONS (same questions as the form under the video)

YOUR QUESTIONS

Your two genuine questions, and what you heard:

Someone whose decision you disagree with, and what you can understand about their perspective (without agreeing):

SUBMIT YOUR ANSWERS

Type them into the form right under this week's video. Writing them here first is fine.