

# Understanding Boundaries, Empathy & Compassion

## Practicing Boundaries – Some Example Responses

*Boundaries help us stay rooted in compassion without overextending and developing resentment.*

1. Are you coming to me for advice/feedback or do you just want me to listen?
2. How do you see me helping you with what you're about to share?
3. I can see that you have something you want to share with me and I don't have the time right now. Can I circle back?
4. I am not sure this is something that we need to be sharing with one another.
5. Time out. What does support look like?
6. Can I stop you right there please? What are some other options?
7. I am sorry – I can see that you want to share this with me and I am not the right person to hear this.
8. I have a boundary around this.
9. No.

## Practicing Empathy – Some Example Responses

*Empathy is "feeling with" people – not judging, fixing or blaming.*

1. Thank you for sharing that.
2. Thank you for trusting me with this.
3. This sounds really hard or \_\_\_\_\_ (insert emotion you heard them say).
4. I can relate to that emotion/feeling.
5. While I have not had that experience, I can see why you feel that way.
6. You're not alone.
7. What does support look like?

## Practicing Compassion – Some Example Responses

*Compassion is a response to suffering – it's loving kindness in action.*

1. I see your pain and I am here for you.
2. I can see this is overwhelming, how can I help?
3. I believe you and I won't turn away.
4. Do you need me to cover your conference call today?
5. Can I go pick up some groceries for you today?
6. I love you!