

The Empathy Builder

A guided listening script to help your partner feel deeply understood.

Step 1 - Set the Connection Frame

"I really want to understand you. I'm here and I'm listening."

Step 2 - Invite Them to Share

"What's been on your mind or heart lately?"

Step 3 - Reflect Back What You Heard

"So what I'm hearing is ____."

Step 4 - Name the Emotion

"It sounds like you've been feeling _____. Does that feel right?"

Step 5 - Validate Their Experience

"That makes sense to me because _____."

Step 6 - Check for Accuracy

"Am I understanding this the way you meant it?"

Step 7 - Ask the Magic Question

"What would help you feel supported right now?"

Step 8 - Close With Connection

"Thank you for sharing that with me. I'm glad we talked."

How to Use This Tool

When to Use This Tool

Use it when your partner feels unheard, overwhelmed, or needs emotional support.

Why This Tool Works

Feeling understood strengthens connection, reduces defensiveness, and prevents misunderstandings.

Tips for Success

Keep your tone warm, pause often, reflect accurately, and validate generously.

Common Mistakes to Avoid

Do not interrupt, minimize feelings, or jump into solutions too quickly.

Frequency of Use

Use anytime emotions rise or your partner needs to talk.

Disclaimer

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