

Habits of Empathy – In Practice

Habits	Youth program implementation
<p>Be curious <i>Ask questions, consider another person's perspective, strive to understand</i></p>	
<p>Be a radical listener // Listen hard and open up <i>Share something of yourself, listen carefully, reflect back what you hear</i></p>	
<p>Challenge prejudice and find commonality <i>Rethink beliefs, be open, no judgment, cross lines of difference</i></p>	
<p>Experience someone else's life <i>Read books and stories, listen to audio books, watch and discuss films, explore fiction and nonfiction, role plays or theater projects</i></p>	
<p>Develop your imagination <i>Write original stories, poems, plays, create original music or visual art that tells a story</i></p>	
<p>Inspire action <i>Collect stories and find places to share, host screenings or events, encourage dialogue and community action</i></p>	

(Modified from: http://greatergood.berkeley.edu/article/item/six_habits_of_highly_empathic_people1)