LOOKING BACK: EMPATHY

Record yourself in a conversarion during which you share positive information. This could be a personal or a professional conversation. Afterwards, watch the video to analyze how effectively you were a witness to the good. Note the praise you gave your partner below and identify the attributes of your praise:

COMMENTS	ATTRIBUTIVE	NONATTRIBUTIVE	SPECIFIC	DIRECT
	○	○	○	○
	○	○	○	○
	○	○	○	○
	○	○	○	○
	○	○	○	○
	○	○	○	○
	○	○	○	○
	○	○	○	○
	○	○	○	○
	○	○	○	○

What should you do differently (if anything) to share positive information more effectively in the future?