5 Steps to Understanding How Someone Else is Feeling
1. I think about you.
2. I think about how you feel by looking at your facial expressions and body language, and listening to your words and the tone of your voice.
3. I think about what is happening to make you feel a certain way.
4. I remember a time when I felt the same way.
5. I sympathize or celebrate with you because I know how you feel.