

# **Empathy Generator**

**Feel Their Thoughts  
Read Their Emotions**

[mindpersuasion.com](http://mindpersuasion.com)

## **Instructions**

Listen with headphones and eyes closed. Visualize any situation where you can easily understand what people mean, and what they want to do before they say. Imagine being able to feel the same feelings others are feeling.

## **Tips for Success**

Keep a daily journal and record any objective evidence that you are becoming more empathetic with others. Write down any positive comments made by others.

Please visit our forum to share your successes, or to ask any questions:

[mindpersuasion.net](http://mindpersuasion.net)

# **Affirmations**

I easily read emotions

I easily read facial expressions

I easily read body language

I understand what people are thinking

I feel what people are feeling

I sense what people are thinking

I know when people are telling the truth

I know when people are lying

I read emotions easily and naturally

I sense emotions easily and naturally

I pick up small changes in energy

I pick up small shifts in energy

I sense people's energy

I sense when people are lying

I sense when people are avoiding the truth

I sense incongruencies in people's behavior

I sense incongruencies in people's facial expressions

I sense people's intentions beneath their language

I sense people's intentions beneath their words

I understand what people mean to say

I easily read between the lines of the conversation

I can understand people by their body language

I can understand people by their gestures

I can understand people by their voice tone

I can understand people by their facial expressions

I read people's energy

I read people's feelings

I understand people's energy

I understand people's feelings

I feel their feelings

I feel their energy

I sense their feelings

I sense their energy

You easily read emotions

You easily read facial expressions

You easily read body language

You understand what people are thinking

You feel what people are feeling

You sense what people are thinking

You know when people are telling the truth

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You understand people's energy

You understand people's feelings

You feel their feelings

You feel their energy

You sense their feelings

You sense their energy