[TITLE] HOW TO COMMUNICATE: EMPATHY TOWARD A STRUGGLING GROUP MEMBER, WHAT IF #2

00:00 [ALEX is sitting on the couch in a study lounge looking at a tablet. PAUL enters the room and sits beside her.]

00:01 **PAUL**: Hi Alex.

00:03 **ALEX:** (hesitant) Oh, hi. Hey, um I meant to text you about . . .

00:09 **PAUL**: Yeah. I mean, we’ve missed you at the last couple of meetings. Have you been sick or something?

00:14 **ALEX**: (embarrassed) No. I'm sorry. I really didn't mean to. I just… well…there's a lot, I have a lot going on right now so…

00:21 **PAUL**: Okay. Look, you got a second to talk?

00:27 **ALEX**: Well, I've got class in twenty minutes, but okay. Sure.

00:32 **PAUL**: I was worried when you didn't show. I’m concerned with how you’re doing. Is everything okay?

00:38 **ALEX**: (defensively). I’m just busy. I work and my boss changed my hours. Which means I have to find a new daycare situation for my daughter. Plus, I'm pushing to get as many credits as I can this semester. (laughs sardonically) It all works great if I just skip sleeping.

00:52 **PAUL**: I can’t imagine dealing with all the stuff that you’ve got going on and you know it’s totally fine to be stressed, right? The group just…

01:00 **ALEX**: (interrupting and defensive thinking Paul can’t understand her situation) You've got that right. You *can't* understand, or imagine, what I’m going through. And I doubt anyone in the group gets it either.