

## Learn the second step of the **be nice**® Action Plan

The second step of the **be nice**® Action Plan is invite - which involves taking a risk and reaching out. If you notice changes lasting two weeks or longer, it is time to invite yourself to start a caring conversation with that person or open up to someone you trust if you are personally struggling.

### invite

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**Click the image to watch a short video featuring Dr. Brene Brown as she explains the difference between empathy and sympathy.**

Okay - now that you have a better understanding of empathy, what words do you use to start a caring conversation if you notice a change? Many times, people notice when something is different, but they don't make it to the invite step.

**Look over our “[Helpful Things to Say](#)” handout so you feel confident in taking this crucial step!**