



Empathy



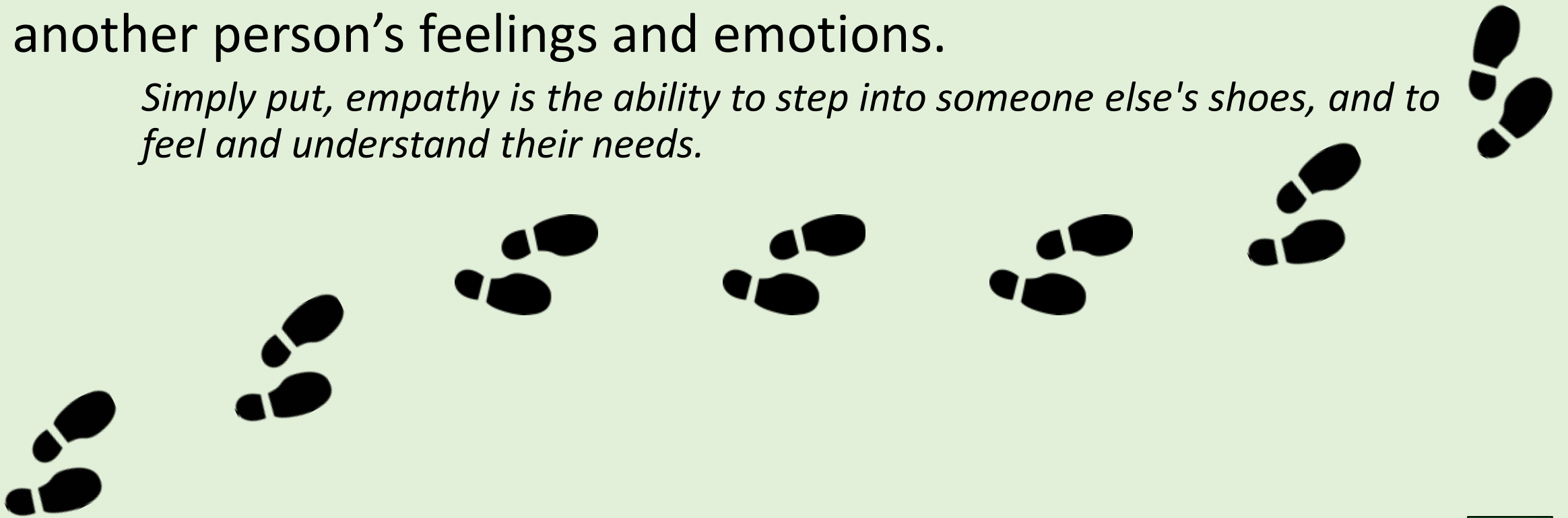
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What is EMPATHY?

Empathy is the action of understanding and being aware of another person's feelings and emotions.

Simply put, empathy is the ability to step into someone else's shoes, and to feel and understand their needs.



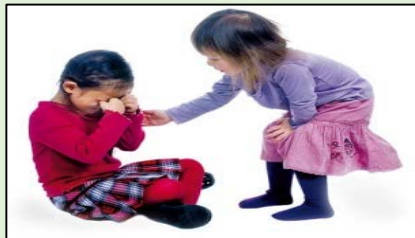
Where does empathy come from?

Is it genetic (are we born with it) or do we learn to be empathic overtime?

- Recent studies suggest that both genetics and our environment play a role in how each of us develop and process empathy.

Genetics: Certain parts of our brain tend to regulate empathy. Therefore, some people's ability to develop empathy can be more difficult if that area of the brain is not properly functioning .

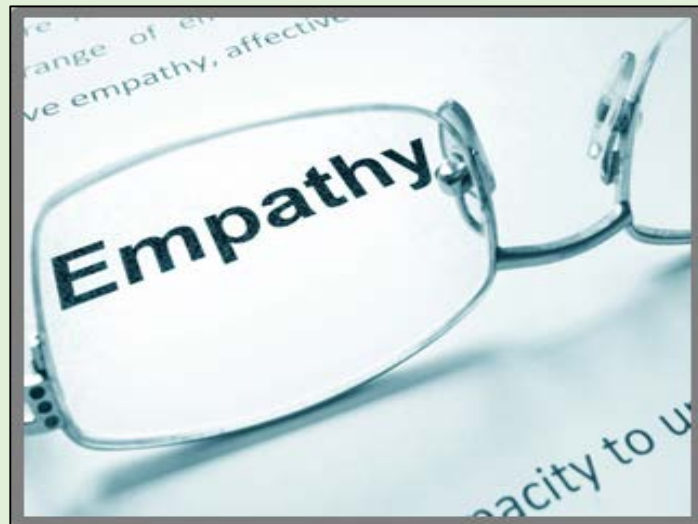
Our Environment: The majority of studies suggest that our **environment** (*how we are raised and our life experiences*) tends to make the largest impact on each of us in developing empathy.



Can empathy be learned?

YES: Though some people may have a more difficult time learning and understanding empathy, it does not mean they can't.

Like the development of any social skill, what is key to learning empathy is experience, learning, and practice.



Why is it important to have empathy?

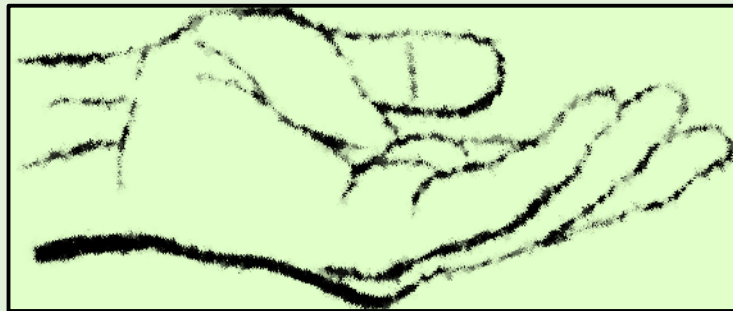
- It is an important social skill.
- Empathy allows you to better connect with people and foster healthy relationships.
- Empathy encourages us to respect and care for each other.
- Empathy encourages us to show compassion, understanding for others, and helps make our communities a better place to live.
- Lastly, effective leaders are empathetic.



How can we develop and build empathy?

There are several approaches that people can take in an effort to help them with the development and building of empathy:

- 1) Learning about the benefits of showing empathy.
- 2) Identifying and reading the emotions in others.
- 3) Being able to place yourself in other people's shoes.
- 4) Listening to people's feeling.
- 5) Understanding your own emotions.





HOW TO BUILD EMPATHY:

IDENTIFYING AND READING THE EMOTIONS IN OTHERS.

In order to be empathetic you need to be able to understand how others are feeling.

- When people express their feelings verbally, it is important to listen.
- However, in many cases feelings are expressed by non-verbal means (facial expressions, postures, and tone of voice), which can be harder to read.
- To better understand how people are feeling, we need to improve our ability to read these non-verbal signs. This can be done with being more aware and practice.





HOW TO BUILD EMPATHY:

USE YOUR IMAGINATION AND PLACE YOURSELF IN THE PLACE OF OTHERS

You can use your imagination to gain a better understanding of how someone might feel.

“Before you judge a man, walk a mile in his shoes.”

This means before judging someone, you must understand his or her experiences and challenges by imagining how you would feel in their situation. By placing yourself in some else’s shoes, you are able to obtain a deeper understanding of them, which helps foster empathy.



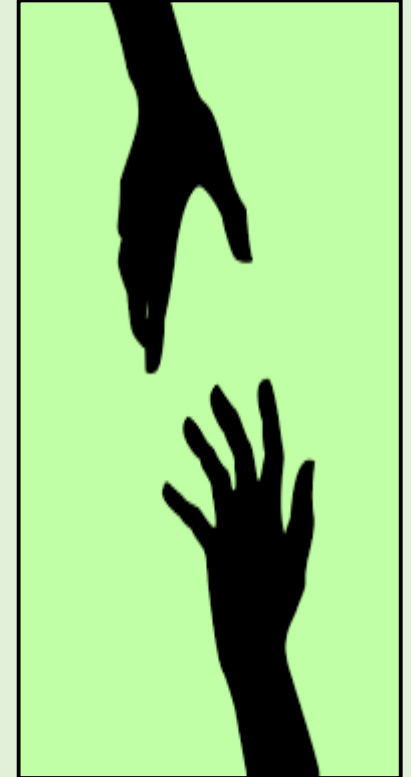


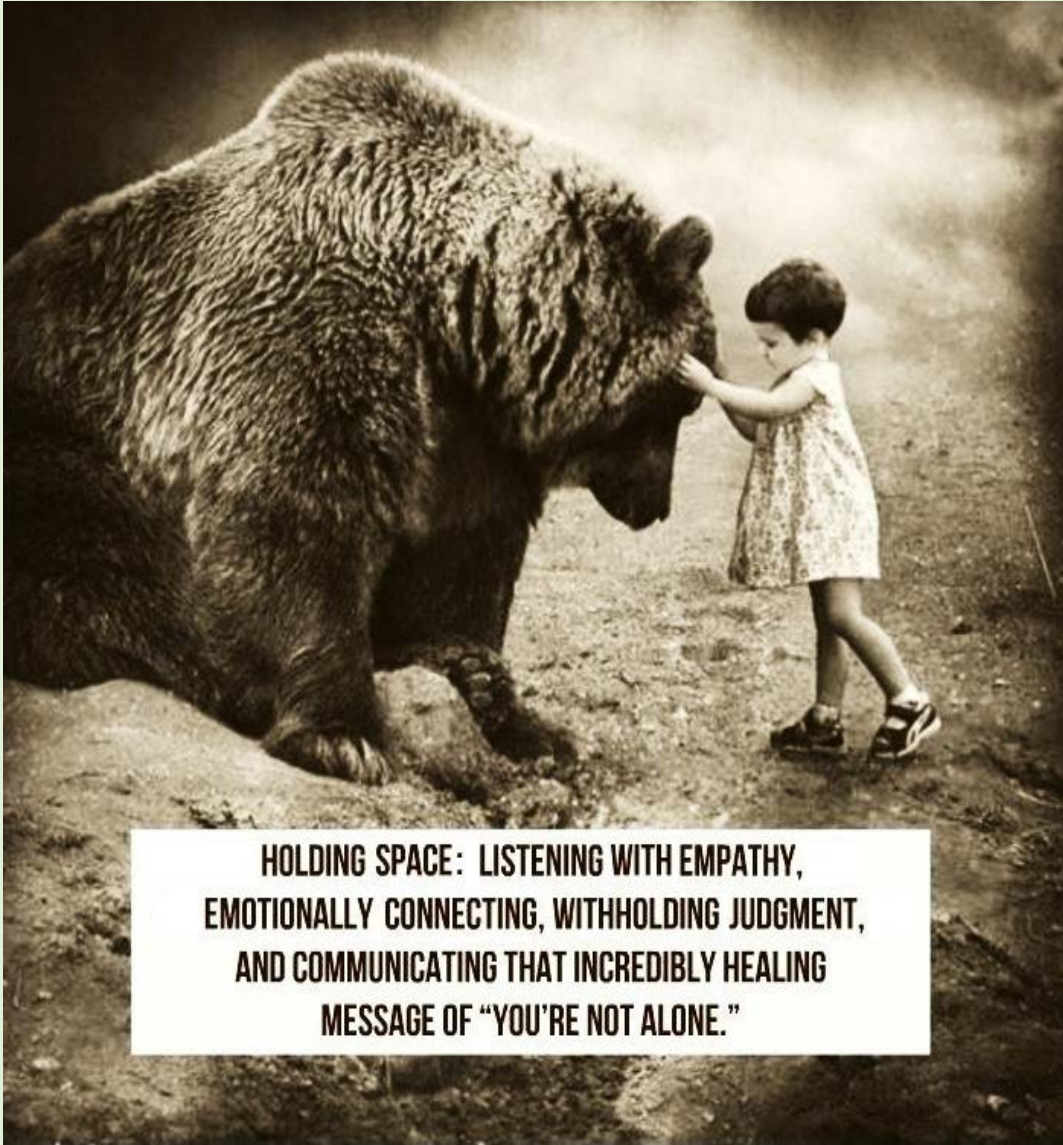
HOW TO BUILD EMPATHY:

LISTEN TO PEOPLE'S FEELINGS

Empathy can also be developed by listening to people's feelings.

- An empathetic person will show interest not only to their friends' feelings but of those who are outside their social circle.
- If someone shares with you their feeling or problems, be willing to listen. By being a good listener, allows you to obtain a better understanding of their world and is an empathic gesture.





**HOLDING SPACE: LISTENING WITH EMPATHY,
EMOTIONALLY CONNECTING, WITHHOLDING JUDGMENT,
AND COMMUNICATING THAT INCREDIBLY HEALING
MESSAGE OF "YOU'RE NOT ALONE."**

EMPATHY SKILL DEVELOPMENT

Ways to help you understand how people feel.

- 1) Watch and listen to the person.**
- 2) Remember when you felt the same way or something similar happened to you.**
- 3) Imagine how you might feel.**
- 4) Ask what the person is feeling?**
- 5) Show that you care.**





HOW TO BUILD EMPATHY:

UNDERSTANDING YOUR OWN EMOTIONS

Building empathy, starts with yourself.

If you want to understand the emotions of others, you have to learn to empathize with yourself, which is done by understanding and accepting your own feelings and expressing them.

