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What is Empathy

Empathy: Understanding Others' Feelings Deeply

DEFINITION

> Empathy is the ability to understand and share the feelings of another person. It helps us connect with others and respond to their emotions.

KEY CONCEPTS

Emotional Awareness

Recognizing your own emotions and those of others is the first step in empathy.

Active Listening

Truly listening to someone without interrupting shows that you care about their feelings.

Perspective Taking

Seeing things from another person's point of view helps you understand their experiences.

Compassionate Response

Empathy often leads to wanting to help or support someone who is struggling.

Nonverbal Cues

Body language, facial expressions, and tone of voice can communicate feelings without words.

EXAMPLES

→ Comforting a friend who is sad after losing a game.

→ Listening to a classmate share their worries about a test.

→ Helping someone who feels left out by inviting them to join a group.

MEMORY TIPS

★ Think of 'EMPATHY' as 'Every Moment People Are Thinking, Yelling' to remember to pay attention.

★ Use the acronym 'LISTEN' to remember to Look, Inquire, Stay engaged, Take in feelings, and Nod.

★ Visualize a heart connecting two people to remember the emotional bond empathy creates.

COMMON MISTAKES

✗ Confusing sympathy with empathy; sympathy is feeling pity, while empathy is understanding.

✗ Not paying attention to nonverbal cues, which are crucial for understanding emotions.

✗ Jumping to solutions instead of just listening to the person's feelings first.

QUICK RECAP

Empathy is about understanding and sharing the feelings of others. It involves emotional awareness, active listening, and responding compassionately. Remember to practice perspective taking and pay attention to nonverbal cues.