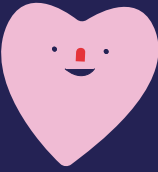




I Am Perspective Presents



A GUIDE TO EMPATHY

Empathy is a skill we can cultivate throughout our lives. This guide supports with understanding what it actually is and effective ways to practice empathy.

[LEARN MORE](#)



EMPATHY, SYMPATHY, & KINDNESS

DEFINITIONS



Empathy

the feeling that you understand and share another person's experiences and emotions. The ability to share someone else's feelings

Sympathy

the ability to take part in someone else's feelings, mostly by feeling sorrowful about their misfortune
.feelings of pity for someone else's misfortune.

Kindness

the quality of being friendly, generous, and considerate.

Empathy vs. Sympathy

Sympathy involves understanding from your own perspective. Empathy involves putting yourself in the other person's shoes and understanding WHY they may have these particular feelings.

Empathy means experiencing someone else's feelings. It requires an emotional component of really feeling what the other person is feeling. Sympathy, on the other hand, means understanding someone else's suffering.

8 WAYS TO PRACTICE EMPATHY

How You Can Practice More Empathy In Your Everyday Life

Understand your bias

We all have them whether we are aware of them or not. Once we acknowledge them, we can interact in a more honest way.

Be Curious

Show genuine interest, before jumping to conclusions, take a moment to ask questions about things you do not understand.

Ask Questions (Respectfully)

Effective communication is key to expressing yourself. Disagree without debating.

Never Assume

Treat everyone as an undiscovered country with individual characteristics that you can learn more about. Ask how you can help instead of assuming what you think they may need.

Reflect

Consider how do your words/actions (or lack thereof) affect the person(s) on the receiving end?

Perspective

Consider the point of view the other person may have, how does this affect their experience.

Grow Your Circle of Trust

Consider the point of view the other person may have, how does this affect their experience.

Be Authentic

Nobody is looking for pity, all actions and questions should come from a genuine place of learning and allyship.

Share an experience of when you could have been supported with more empathy and understanding







Share an experience of when you could have given more empathy and understanding to a situation.





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Practicing Empathy

With Loved Ones

- When a child acts up, considering asking why
- Where can you be more understanding of your parents?
- A distant or disconnected friend
- Spend some time with a family member you do not know well
- Ask about your friends culture
- Learn more about your family
- Consider a different perspective on an old disagreement
- Withhold judgments

At Work or School

- Understand & not react to triggers
- Practice Listening Skills
- Give people your full attention
- Practice Objectivity
- Validating others' perspectives without having to agree

Self Awareness

- Reflect on life experiences
- Consider your biases
- What are things you picked up from your family?
- What experiences have reinforced your perspectives?
- Enroll in a Unconscious Bias and/or Allyship Course
- Assess your circle of trust
- Get to know someone different
- Learn more about any cultures, people that you do not understand
- Become aware of your privileges

In The Community

- When your order is running late
- Learn about causes you do not understand
- Smiling or saying hello as you pass people
- On your commute with other drivers or passengers
- Pick an injustice that makes your heart hurt and work to fix it.
- Learn about other cultures different than you.

