

EMPATHY

WANT A SANDWICH?

Empathy is the experience of understanding another person's thoughts, feelings, and condition from their point of view, rather than from your own. You try to imagine yourself in their place in order to understand what they are feeling or experiencing. Becoming more empathetic is one of the best ways we can enhance our relationships, reduce our stress level, and feel good about ourselves and our lives in an authentic way.

THE POWER OF EMPATHY

[CLICK HERE TO READ](#)

BRENE BROWN TALKS EMPATHY

[CLICK HERE OR ON THE IMAGE BELOW TO WATCH](#)



THERESA WISEMAN'S FOUR ATTRIBUTES OF EMPATHY:

1. To be able to see the world as others see it—This requires putting your own "stuff" aside to see the situation through your loved one's eyes.
2. To be nonjudgmental—Judgement of another person's situation discounts the experience and is an attempt to protect ourselves from the pain of the situation.
3. To understand another person's feelings—We have to be in touch with our own feelings in order to understand someone else's. Again, this requires putting your own "stuff" aside to focus on your loved one.
4. To communicate your understanding of that person's feelings—Rather than saying, "At least you..." or "It could be worse..." try, "I've been there, and that really hurts," or (to quote an example from Brown) "It sounds like you are in a hard place now. Tell me more about it."