

# PRACTICING EMPATHY

---

## **Exercise I: The Attributes of Empathy**

### **Perspective Taking: to see the world as another person sees it**

When I share something vulnerable, and the person takes my perspective, I feel:

When I share something vulnerable, and the person responds from their perspective, I feel:

### **Withholding Judgment: to withhold judgment of someone else's experience**

When I share something vulnerable, and the person withholds judgment of my experience,  
I feel:

When I share something vulnerable, and the person judges my experience, I feel:

# PRACTICING EMPATHY

---

## **Recognizing Emotions in ourselves and in others: to understand another person's feelings**

When I share something vulnerable, and the person resonates with my feelings, I experience:

When I share something vulnerable, and the person doesn't resonate with my feelings, I experience:

## **Communication of Understanding: to communicate your understanding of that person's feeling back to the person**

When I share something vulnerable, and the person communicates they are with me in my experience, I feel:

When I share something vulnerable, and the person doesn't communicate back to me, I feel:

# PRACTICING EMPATHY

---

## **Exercise II: The Barriers to Empathy**

**Confusing sympathy with empathy: we tend to think that feeling sorry for someone is the same as feeling with someone.**

My experience of doing this to someone else:

My experience of someone doing this to me:

**Sympathy seeking: people don't actually want you to empathize with them, they want you to feel sorry for them**

My experience of doing this to someone else:

# PRACTICING EMPATHY

---

My experience of someone doing this to me:

**Stacking the deck: the game of one-upmanship.**

My experience of doing this to someone else:

My experience of someone doing this to me:

**Failing to dig deep: thinking I can't relate to someone's experience because I've not gone through it myself.**

My experience of doing this to someone else:

# PRACTICING EMPATHY

---

My experience of someone doing this to me:

**Thinking that shame is a good way to control someone's behavior: there is no "healthy shame." It is always destructive.**

My experience of doing this to someone else:

My experience of someone doing this to me:

**Just World Theory: this is a just and fair world and you get what you put out.**

My experience of doing this to someone else:

# PRACTICING EMPATHY

---

My experience of someone doing this to me:

**Comparative Suffering: believing what I'm going through is not as difficult as someone else (or the opposite).**

My experience of doing this to someone else:

My experience of someone doing this to me:

For fun, please watch the Empathy vs. Sympathy video by Brené Brown:

<https://youtu.be/1Ewgu369Jw>