

Empathy

* Introduction

- Meaning and Definitions of empathy
- Types of empathy
- Exercise of empathy
- Values of empathy
- Indicators of Empathy
- Suggested activity.

Introduction :

Empathy is, at its simplest, awareness of the feelings and emotions of other people.

It is a key element of Emotional Intelligence,

the link between self and others,

because it is how we as individuals

understand what others

are experiencing as if we were feeling it ourselves.

Meaning of Empathy



- Understand another person's emotions and feelings
- Understand one's own feelings and emotions.
- Supporting others who are in need.
- Making people feel better about them.
- To be able to exercise self-control.
- To treat others the way you want to be treated.

What is a Empathy?



- ✓ **Empathy means being aware of others feelings.**
- ✓ **It means sharing others feelings.**
- ✓ **Ex: If your friend is happy you would be happy for them too. If your friend is sad you would be sad for them and try to cheer them up.**







Objectives



- Understand the skill and types of empathy
- Understand the basic model of empathy
- Understand intensity of words describing emotions and how to diagnose conservatively
- Demonstrate the use of skill of empathy at minimal level of competency



- Care means to support or look after someone.
- When we give care, we show people they are not alone, and that we want them to be healthy and happy.
- By providing care and support, we give others what they need to feel safe and well.
- The other person is still responsible for their life, but we help as best we can.

- Kindness means being friendly, welcoming and willing to help without wanting anything in return.

When we are kind, we show people t

hey are important and that we care about them.

Being kind is not the same as being weak.

Kindness is not giving people everything they want.

We need to be self-aware and

strong before we can be kind to others.

- Kindness means being friendly, welcoming and willing to help without wanting anything in return.
- Empathy is being able to share and understand what other people are feeling.
- Empathy is the ability to share and understand the feelings of others.

- Communication is the way we understand other people.

Most communication happens

without language and often without
us knowing it is happening.

This is called non-verbal communication.

Empathic communication is learning

to listen to the whole person,

and not just their words.

When we listen in this way the other person feels we have seen and
understood them. Sometimes this is all they need.

Empathic communication is listening to the whole person, not just their words.

- **Meaning and Definitions of Empathy :**

The term “**empathy**” is used to describe a wide range of experiences.

Emotion researchers generally

define empathy as the ability to sense

other people's emotions, coupled

with the ability to imagine what someone else might be thinking or feeling.

“ Empathy as the ability to share
someone else’s feelings and experiences
by imaging what if would be
like to be in that situation”.

“ It is the ability to put
one self in the shoes of another,
seeing the world as someone else
sees it without imposing your values”.

“Empathy leads to a deeper understanding of what other people are
experiencing”.



There are 3 types of empathy (Daniel Goleman)



- ▶ **Cognitive empathy.** Cognitive empathy is the ability to understand how someone else feels and to work out what they might be thinking.
- ▶ **Emotional empathy or Affective empathy.** Emotional empathy refers to the ability to share another person's emotions. This would mean when you see someone else who is sad, it makes you feel sad.
- ▶ **Compassionate empathy** or Empathic Concern. Compassionate empathy is when you take feelings to actions. It goes beyond understanding and relating to other people's situations, and pushed an individual to do something.

Types of Empathy :

1. Cognitive empathy

- also known as ‘perspective-taking’ is not really what most of us would think of as empathy at all.
- Cognitive empathy is basically being able to put yourself into someone else’s place, and see their perspective.
- Effectively, cognitive empathy is ‘empathy by thought’, rather than by feeling.

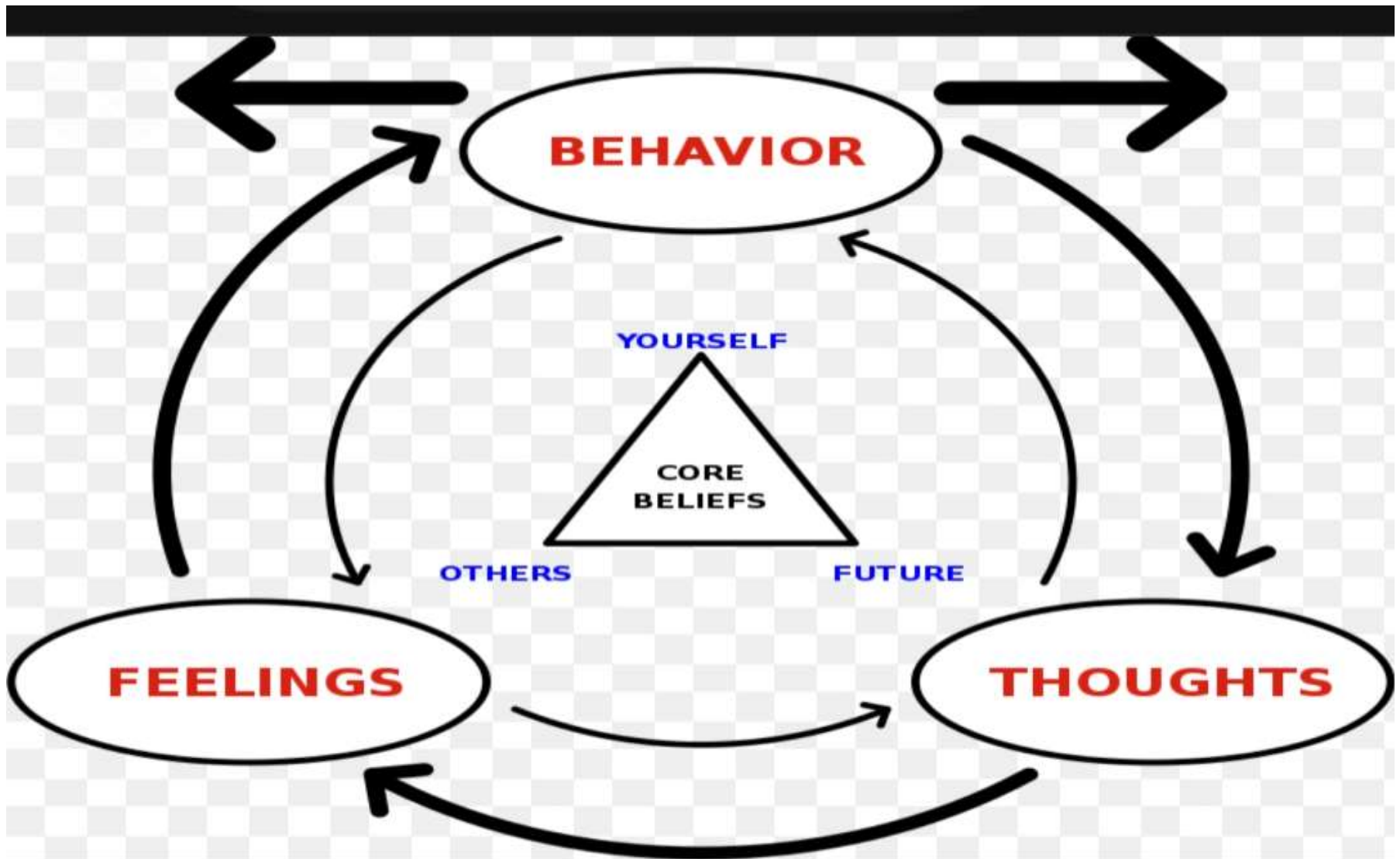
2. Emotional Empathy :

- **Emotional empathy is when you quite literally feel the other person's emotions alongside them, as if you had 'caught' the emotions.**
- Emotional empathy is also known as 'personal distress' or 'emotional contagion'.
This is closer to the usual understanding of the word 'empathy', but more emotional.

- Emotional empathy is probably the first type of empathy that any of us feel as children. It can be seen when a mother smiles at her baby, and the baby ‘catches’ her emotion and smiles back. Less happily, perhaps, a baby will often start to cry if he or she hears another baby crying.

Relationships: Empathy Matters





Wikipedia

Cognitive behavioral therapy -

[Visit](#)

What is Empathy Presentation



How might she be feeling?



angry

fru
an



proud

Why is empathy important?

- Helps us have healthy relationships
- Helps us know how our actions impact others
- Helps us understand different views, opinions



Exercise Empathy :

1. Recognizing that someone is experiencing a strong feeling like fear, anger, grief, or disappointment.
2. Pausing to imagine how they might feel.
3. Stating your perception of what you think they feel.
4. Recognizing that they have a right to feel this way.
5. Offering support.

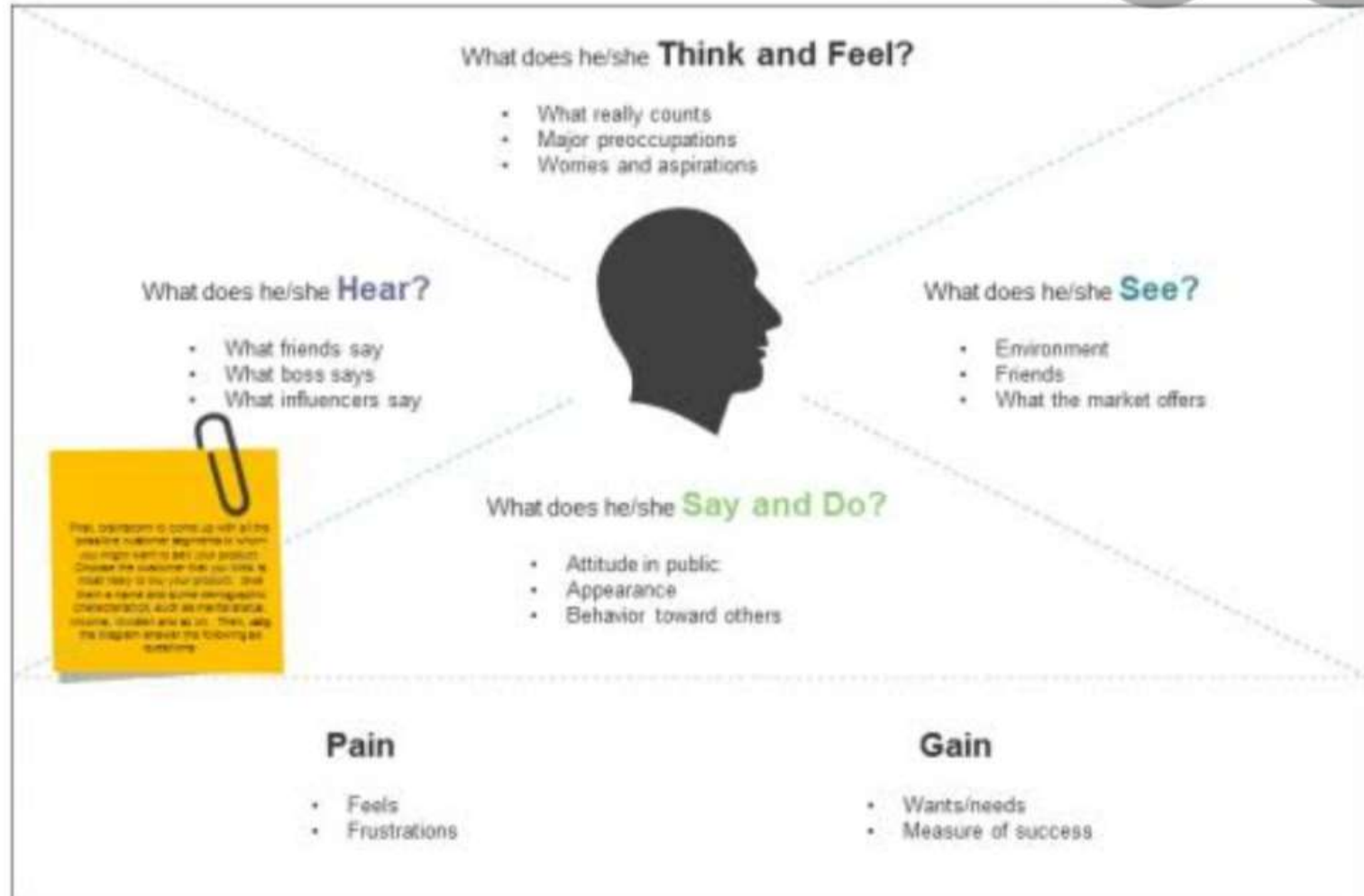
Values of Empathy :

- 1. Compassion**
- 2. Understanding**
- 3. Patience**
- 4. Appreciation**
- 5. Concern**
- 6. Love**
- 7. Kindness**
- 8. Sharing**

- **Indicators of Empathy :**

1. Supporting Others
2. Caring
3. Guiding other
4. Sharing
5. Appropriate behavior under different circumstances
6. Working with others
7. Respecting the options of others
8. Reacting appropriately
9. Respecting others property and culture
10. Appreciating individual differences

Empathy Map



- **THINKING CAPACITY :**

Thinking skills are the mental activities you use to process **information**, make connections, make decisions, and create new ideas.

You use your **thinking skills**

when you try to make sense of experiences,

solve problems, make decisions,

ask questions, make plans,

or organize **information**.

Thinking capacity is an incredibly complex

- Definitions of Thinking :

1. Ross (1951) :

“Thinking is mental activity in its cognitive aspect or mental activity with regard to psychological objects”.

2. Garrett (1968) :

“Thinking is behavior which often implicit and hidden and in which symbols (images, ideas, concepts) are ordinarily employed.

3 . Mohsin (1967) :

“ Thinking is an implicit
problem-solving behaviour”.

4. Glaser (1970) :

“Thinking is a problem solving
process in which we use ideas or symbols in
place of overt activity”.

- Nature of Thinking

1. Thinking is essentially a cognitive activity.
2. It is always directed towards achieving some purpose.
3. Thinking is inner cognitive behaviour.
4. It is related only to the inner cognitive behaviour
5. Thinking is a symbolic activity.
6. Thinking can shift instantaneously over a span of time and space.

- **Types of Thinking :**

1. Perceptual or Concrete thinking
2. Conceptual or abstract thinking
3. Reflective thinking
4. Creative thinking
5. Critical thinking
6. Non-Directed or associative thinking

- **How to improve critical thinking**
- Become more self-aware.
- Understand your mental process.
- **Develop** foresight.
- Practice active listening.
- Ask questions.
- Evaluate existing evidence.