



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 18 Action Guide: 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 judgement of my experience, I feel:

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



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Exercise I: The Attributes of Empathy (cont.)

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:



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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:

My experience of someone doing this to me:



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“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:

My experience of someone doing this to me:



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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:

My experience of someone doing this to me:



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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/1Evwgu369Jw>