

Empathy in Life

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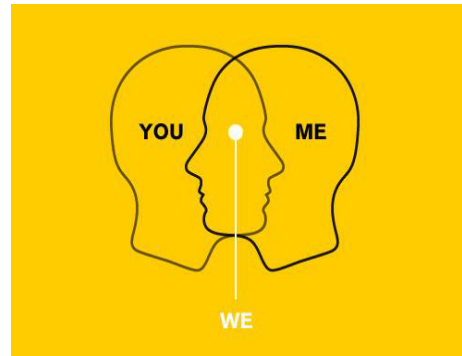
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Hello.....there

You must have heard of different feelings like happiness, sadness, anger, anxiousness but have you ever heard of the term called 'EMPATHY'. Ok let me ask you; do you ever cry or get emotional while watching movies. Well I certainly do. How many of you get emotional do you ever realized what feeling you experience that time. That is feeling called

Empathy.

Let us go deep and understand various aspects of the very in need and the silent feeling called empathy.



What is Empathy?

It is defined as:

Standing in someone else's shoes and seeing through someone else's eyes.

Why do we need empathy?

It is a heart to heart connection. It is a bases for living a life with meaning in relationship with others ...it makes us a better person by being empathetic towards others which help us to reach out which I am sure you would agree with me it's a wonderful thing.

Empathy is a quality, one has within. Are they born with that quality or one need to develop it?

How can we foster empathy in ourselves?

Now look at the statement closely. In anything I do or say, am I doing or saying it in a way in which the other person is most responsive in listening to me. That is the attitude one must have to be a person with empathy. I will show a small simple concept called **POLE**. This will help us to cultivate empathy very easily.

P - Putting you in the other's person's shoes. Reflecting on what the other person says helps you to show that you are more understanding. Say something like I am sorry to hear your loss. I know it is very difficult for you.

O- Offering personal support. Offering personal support goes beyond words. It enhances repo by letting other the person knows that u want to help. I want to help you. Is there anything I can really help you with.

L- Listen with your heart. Listening attentively to what the other person is saying will let the person know that he/she is not left alone. It will give assurance that you are there to listen and to help.

E- Eliminate distraction. Put the book down, turn off the TV focus your attention completely to what the person is saying. Pay attention not to the spoken words alone but to the emotions behind.

You also need to know that empathy has nothing to do with giving in or not being asserted. You can be empathetic and validate to what the other person say and still have a different opinion.

Let's look at another term which is very similar to Empathy

Sympathy and Empathy

People often get confused with SYMPATHY&EMPATHY and I was one among them

Sympathy & Empathy are both acts of feelings however, the two separate terms with very clear distinctions. **Empathy** is a deeper emotional experience, it involves understanding of what others are feeling, and sharing another's suffering and feeling sorry with the person.

And **Sympathy** is, acknowledging what others are feeling, recognizing what others are suffering and feeling sorry for the person.

Do you think empathy can be related to a physical feeling?

How was it felt, is it warmth or relax?

If you closely monitor empathy is a pure feeling of warmth. Because you see with another's eye, listen with another's ears and feel with another's heart. Thank people for their big and small effort. Remember every word of acknowledgement will make the person feel better and better.

Let me share with the techniques to imbibe the values of empathy, the stars method. We can practice the ability to feel what others feel by pasturing stars method. It's simple, the ability to feel what other people feels by sharing experience, trust people, pay attention to the conversation, respect, respond and support the person.

If you are an empathetic person you would have said the following statements at least thrice in your lifetime.

- 1) Are you alright
- 2) I understand how you feel
- 3) I am sad that you are hurt
- 4) Is really where I can help you? You have done a brilliant job and I am very happy for you

If you think you have not used these statements yet, make sure you do, use them to make a difference in other people's life and yours. So at any point of time if you want to check whether you are an empathetic person or not, ask yourself questions like:

- Am I looking at the person speaking to me
- Am I listening without interrupting
- Am I giving my full attention by not getting distracted
- Am I actually attempting to understand my friend's point of view
- Am I showing facial expression stating understanding of my friend's feelings

If you are, you are the most empathetic person anyone can ever interact with.

And finally what benefit do you get by being an empathetic person: You become a better person, people will start liking and respecting you,

Remember, when you do something every day it will become your second habit and then your behavior.

Treat others the way you wanted to be treated.

