

EMPATHY

DIFFERING FROM SYMPATHY

Take a few moments to watch some of the attached video links. They are great to get the thinking flowing and will hopefully challenge you as you prepare to discuss empathy with your team. Feel free to use one of these videos as a segment of your conversation.



Empathy: The Human Connection to Patient Care

https://youtu.be/cDDWvj_q-o8



Brene Brown on Empathy

<https://youtu.be/1Ewvngu369Jw>



TedX: How to Start and Empathy Revolution

<https://youtu.be/RT5X6NIJR88>



“Empathy allows us to see the other side of an argument, comfort someone in distress, and bite our lip instead of muttering something snide.”

-Daniel Pink

1 Empathy and Sympathy are often paired together as contrasting approaches: in your words define what Empathy and Sympathy are and how they differ. Why is it important for us to recognize the differences?

2 Over the course of time, we as people can become 'desensitized' to the stories, trials and feelings of others. Knowing this, what are 3 three ways that you individually can practice becoming more of an empathetic person? How does this tie into Gentle Teaching and the work that you do?

By sharing our own stories and listening to others' narratives, we learn to understand one another and to take on new perspectives. Over the next few weeks (before your next team meeting), engage in a conversation with a grandparent, neighbor, or coworker and ask questions that relate to their own lives: "What were you like when you were nine years old? What was your school like? What was going on in the world at that time? What has been your biggest challenge in life, up until this point?" This type exchange will help to reduce feelings of "otherness," allowing you to gain a new appreciation of our common humanity: in turn helping us learn to empathize. Come prepared to share a few thoughts of what you learnt.

Focus on listening and empathize with what you are hearing. Is the person you are talking to sharing with you something that resonates within your heart, or with a similar experience that you have had?