Building Relationships through Empathy

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Empathy

Empathy is the essential building block for compassion. We have to sense what another person is going through, what they're feeling, in order to spark compassion in us.

-Daniel Goleman
Empathy

- We give our full attention—our presence—to have respectful and/or compassionate understanding.

- Empathy does not mean agreement—it means seeing/hearing and understanding.

- Empathy means DEMONSTRATING understanding NOT giving advise, fixing, suggesting...
Why is Empathy Important?

http://voiceseducation.org/node/6799
Empathy or Sympathy?

• “Where” am I when I am listening?
• Am I leading or following?
• Am I in my feelings or am I trying to understand the other person?
Empathy Activity

Guess the “annoying” students’ needs:

• Think about one student that you find challenging.
• Briefly share about that student and guess 3–4 needs that student might have.
What might the “annoying student” need?

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Empathy Activity

How was this activity for you?

Was it easy or hard to identify needs of your “annoying” student?

What did you notice about yourself in thinking about that student’s needs?
Empathy Video
Thoughts/Feelings about Empathy Video
The Lifeboat Activity

The Lifeboat

Purpose: Scouts work together to overcome a challenge.

Tell Scouts that they are involved in a shipwreck. Twelve of them managed to get into a lifeboat. However, after a short time everyone realizes that there are too many people on board. The boat will capsize and everyone will drown unless three people are thrown out. Which three will be the unlucky ones? Nobody can swim and there are no life jackets!

In mixed patrols, decide who leaves the lifeboat.

- A sailor with a broken arm;
- A doctor who is a drug addict;
- A young mother;
- Her small child;
- A grandmother who has organised an gained a national reputation for a meals-on-wheels service for the whole country;
- A youth club leader who is a homosexual;
- A successful business man who employs 250 people but who pays them an unjust wage;
- The leader of a country;
- A young nurse;
- A twelve year old mentally retarded child, the only son of a widow aged 40;
- A blind teenage girl who is a famous musician;
- A 70 year old missionary.

How did Scouts feel when dealing with this activity?

What criteria did they use?

What problems or issues did they face?
Empathy

Intentional kindness towards oneself and/or others by taking into account one’s feelings and needs and then intentionally acting to help get those needs met in a way that everyone’s needs can also be met.
Empathy is...

seeing with the eyes of another,
listening with the ears of another,
and feeling with the heart of another.
Take-A-Ways
Building Relationships Through Empathy
References:

www.espiralmana.org
http://voiceseducation.org/node/6799
https://youtu.be/1Evwgu369Jw
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