

A stylized, colorful illustration of a landscape. The foreground features rolling green hills with dark brown soil patches. On the left, there is a green tree, a purple flower, and an orange flower. A small red bird is flying in the sky above the tree. The background consists of light blue and white wavy bands representing a sky or water.

Building Relationships through Empathy

Courtney Jaimes, M.Ed., NCC, LPC
Associate Director-Counseling & Testing, NCTC
Desiré DeMange, M.Ed., LPC
Counselor, NCTC

Empathy

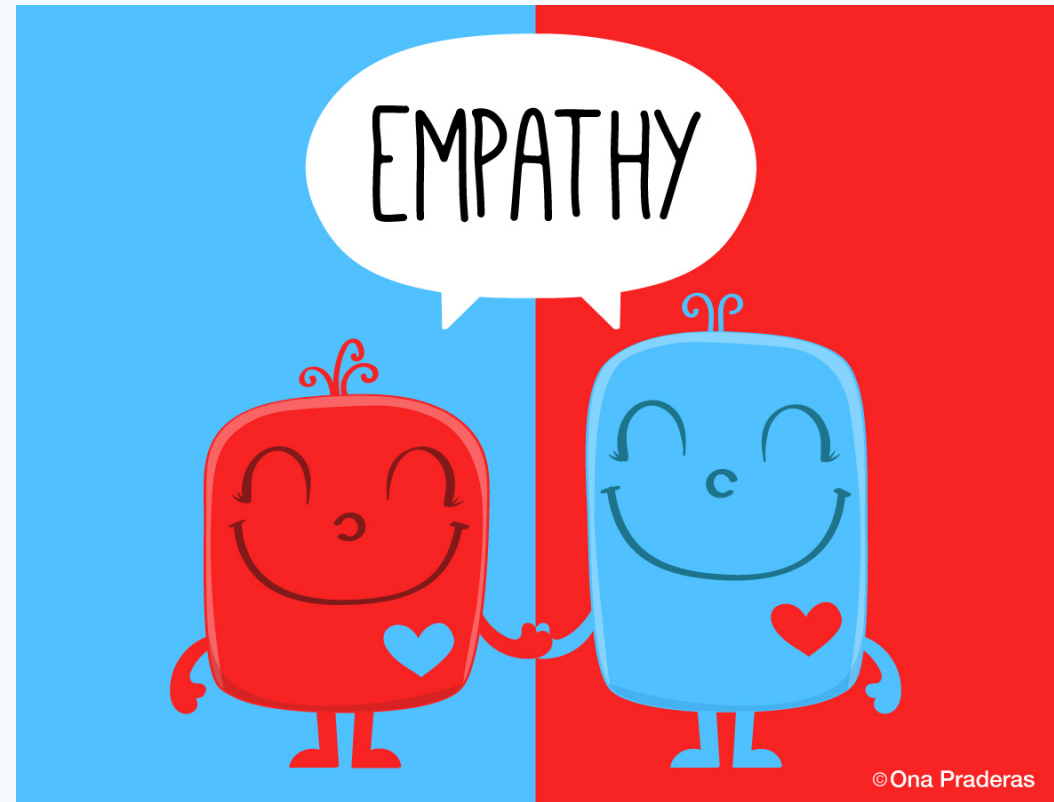
Empathy

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.

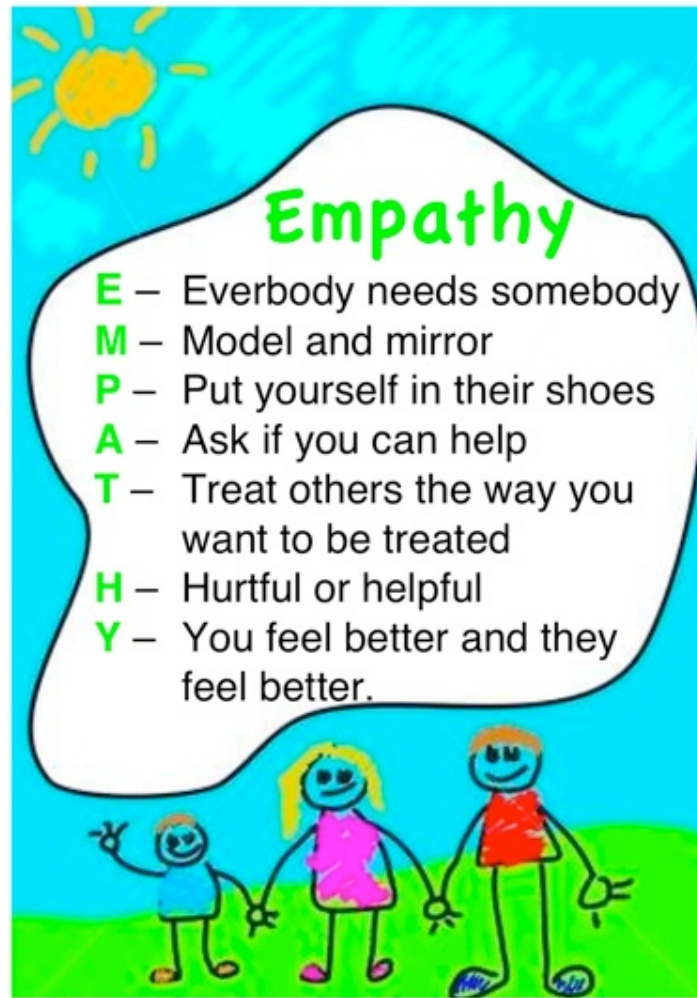
- Daniel Goleman

Empathy

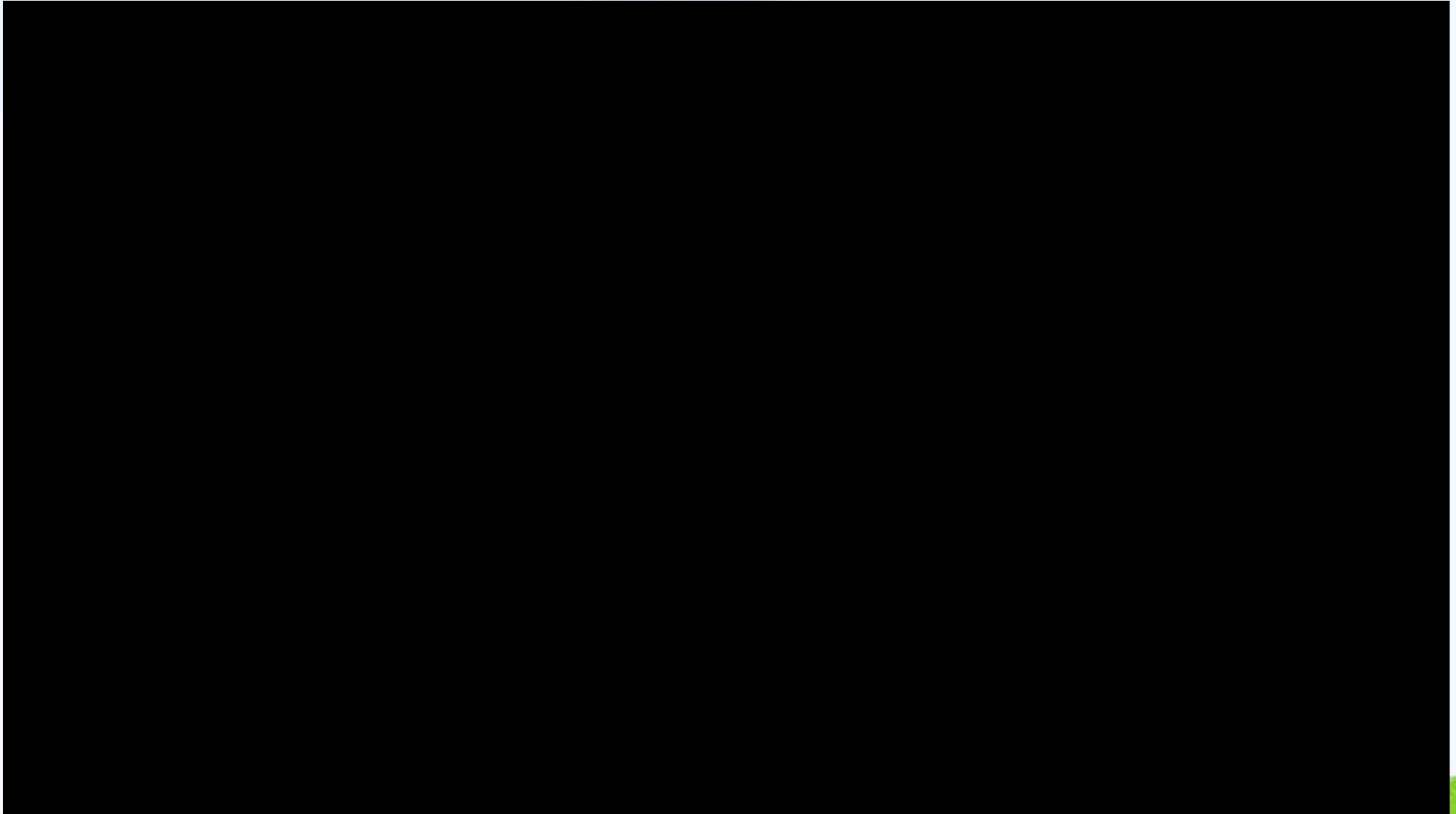
- We give our full attention—our presence—to have respectful and/or compassionate understanding
- Empathy does not mean agreement—it means seeing/hearing and understanding
- Empathy means **DEMONSTRATING** understanding **NOT** giving advise, fixing, suggesting...



Why is Empathy Important?



Brené Brown on Empathy:





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?

Food
Health
Movement
Safety
Rest
Order
Peace
Stability
Trust
Freedom
Choice
Ease
Independence
Power
Space
Spontaneity

Relaxation
Humor
Joy
Play
Pleasure
Connection
Affection
Appreciation
Attention
Closeness
Companionship
Harmony
Love
Support
Acceptance
Care

Empathy
Kindness
Respect
Celebration
Inspiration
Meaning
Belonging
Communication
Cooperation
Authenticity
Creativity
Learning
Effectiveness
Accomplishment
Leisure
Consideration

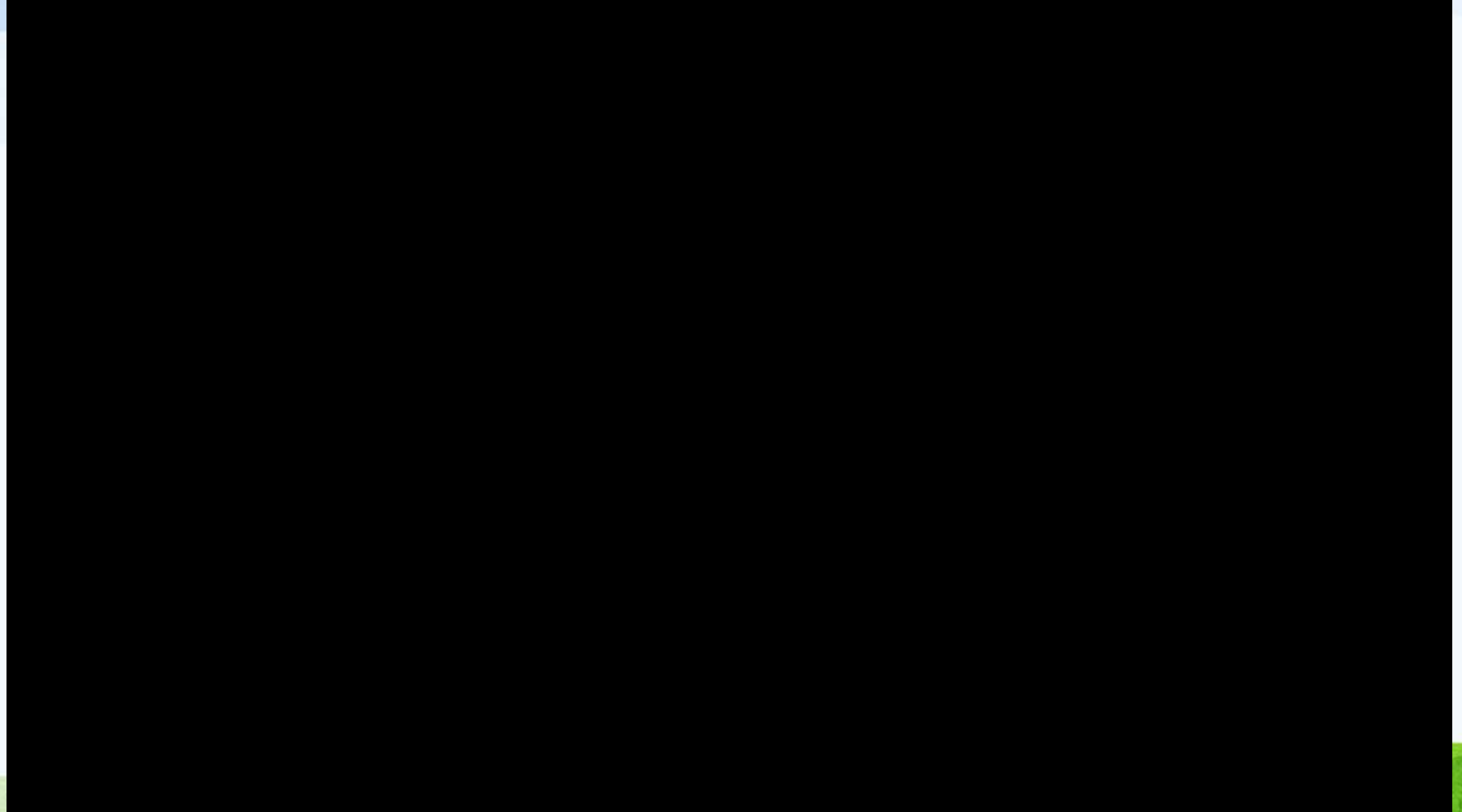
Empathy Activity

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



The background features a stylized landscape with rolling hills. The top portion consists of light blue and white wavy bands, while the bottom portion consists of various shades of green wavy bands. The text is centered in the white space between the blue and green sections.

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 and 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/1Ervwgu369Jw>

https://youtu.be/cDDWvj_q-08