

Empathy

Empathy is the ability to be aware of, understand, and appreciate the feelings and thoughts of others. Empathy is “tuning in” (being sensitive) to what, how and why people feel and think the way they do.— Stein and Book, EQ Edge, 2011, p. 134

How are you doing at empathy?

Behaviors demonstrating a need to develop empathy:

- Interrupting while others are talking
- Thinking about what points you want to make instead of listening to someone else
- Believing your perspective is always more correct or better than others people’s.
- Not caring whether you hurt someone’s feelings
- Not being able to imagine something from another’s perspective(or even realizing why this is important!).
- Being unable to emotionally connect to someone else who is having an intense emotion
- Making fun of people different than you

The following is adapted from ***The Student EQ Edge*** (pages 103-104). For each statement, rank yourself with a number 1-6. 1 signifies strongly disagree, 2 disagree, 3 slightly disagree, 4 slightly agree, 5 agree and 6 strongly agree. Give yourself a rank on each one. Then, for your own development, ask a close friend to score these same questions for you. Discuss any major discrepancies between how you see yourself and how your friend does. ***Try to remain teachable as you receive truth from another*** 😊

1. *Seeing someone who is upset makes me upset*
2. *I tend to cry during movies*
3. *I think it’s funny when others get teased and get upset about things*
4. *I get upset when someone is mistreated*
5. *When I see a homeless person on the side of the road asking for money, I get mad at the person for begging*
6. *I like hearing about friends doing well I school even if I am not doing as well as I want*
7. *When someone gets mad at me, I try to understand why that person is mad*
8. *When a friend complains about something I think is trivial, I stop listening*
9. *I have a hard time listening to someone else’s opinion without arguing when the person’s opinion differs from mine*
10. *I can tell you the other person’s main concerns even during the heat of argument*

(For further leadership development resources and opportunities, consult www.ascend-international.com)