

Make yourself a better person.

Empathy allows you to be compassionate towards others by seeing things from their point of view. But having empathy goes beyond how we interact with others—it can help you grow and develop into a kinder and wiser person. You'll be able to take on new challenges and new experiences better than before, and you'll make mature decisions that will greatly impact the rest of your life. Empathy is powerful stuff!



corelife
BUILD YOURSELF STRONG

EMPATHY:

*Caring through
understanding.*

EM • PA • THY

(noun) The ability to understand and share another person's experiences, emotion, and feelings.

Have you ever heard the expression "put yourself in my shoes"? What exactly does that mean? By trying to understand people's unique backgrounds, experiences, and situations, you can better understand why they think and act a certain way. You will probably even change the way you think about them. Empathy is about accepting the fact that everyone is different and doesn't necessarily share your point of view.



LOOK AT THE WORLD THROUGH SOMEONE ELSE’S EYES.

Think about a normal day in your life. Now, try to imagine how that day would be different if you were poor. Handicapped. Old. Sick. Hungry. Abused. Alone. If you can relate to how others might feel, and if you can show caring and compassion for their situation, you have empathy. And empathy is not just used for those in bad situations. People from different cultures and religions do things that may seem strange to you, but are totally normal to them (and they might think you are a little weird!).



If you’ve ever been around a baby, you’ve probably shown empathy.

Chances are, you talked in simple language, you smiled, and you didn’t expect him or her to be able to do the same things you could. Can you describe another time you’ve shown empathy to someone different from you? List a few examples:

- 1. _____
- 2. _____
- 3. _____

MAKING THE WORLD A BETTER PLACE.

Think about how many misunderstandings, arguments—even wars—could be avoided if more people had empathy towards others. Everyone is different, even those in our daily lives. Understanding those differences is how we can gain empathy. Write down something different about each of the following people that will help you have more empathy for them:

Your parents _____

Your teacher _____

Your best friend _____

