

4 WAYS TO CULTIVATE EMPATHY

1. DEVELOP ACTIVE LISTENING SKILLS

To truly understand what another is experiencing, we must listen for the meaning beyond the words.

2. BE IN THE PRESENT MOMENT

When listening to someone share, be sure to keep your focus on them. This allows them to feel seen and heard.

3. LEARN TO IDENTIFY YOUR OWN EMOTIONS

In order to relate to someone else's feelings, we must first feel comfortable with our own. Practice naming your emotions with words whenever they arise. An emotion wheel can be a helpful resource for this.

4. TRY NEW THINGS

Empathy is all about trying to understand the perspective of someone else. Trying new activities will allow you to try on new perspectives.



Can empathy be learned?

Empathy might come more naturally to some, but yes it is a skill that can be learned.



Why is empathy important?

Empathy is an important ingredient for strong relationships. It helps others feel less alone in their experience. This builds connection which leads to greater trust and depth.