

PATUCK-GALA COLLEGE OF COMMERCE & MANAGEMENT
STUDENT BULLETIN BOARD

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EMPATHY

Meaning and definition of Empathy

Empathy is something that keeps you away from judging anyone who is having hard time. Sympathy recognizes that the person is having a hard time, but typically has judgment involved - as in "you poor thing". To understand Empathy, one requires to understand sympathy. It is feeling pity and sorrow for someone. Pity is conjured up when you witness someone's misfortune and have an uncomfortable, negative reaction to their circumstance. Pity can sometimes be sorrow, but it is often based in shame; whereas the 'empathy is the ability to understand another person's problems in way that, as if the problem of the person who is the seer, and empathises, feels or visualises it.' It enables one to understand one's emotions, especially the sad emotions or the depressing state of mind. "Empathy inculcates love and fills life with positivity and happiness and develops curiosity." Empathy can also improve leadership ability and facilitate effective communication.

How to understand if do you lack empathy?

Here are some signs that will help you identify if someone around you lacks empathy: They jump fast into criticizing others without putting themselves in other people's shoes. They seem to be cold or just out of touch for people that are suffering or are less fortunate.

Lack of empathy can cause the different types of antisocial behavior in personality. Empathy makes a happy life feasible, and lacking empathy creates a psychological starvation that can cause people to act in extremely destructive ways. In general, 'sympathy' is when you share the feelings of another; whereas 'empathy' is when you understand the feelings of another but do not necessarily share them and identify yourself with the others' problems. The types of empathy are Cognitive, Emotional and Compassionate.

Empathetic Understanding

Empathy is the ability to recognize, understand, and share the thoughts and feelings of another person, animal, or plants and nature. It involves experiencing another person's point of view, rather than just one's own, and enables pro-social or helping behaviors that come from within, rather than being forced.

Burying Feelings Deep Inside:

You become afraid to connect with yourself to others. There is a fear of being known and allowing others to see your feelings. To do so, there is risk that it would open the door for having that information used against you. Without the ability to be in touch with your

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feelings it is impossible to be empathic. Empaths can experience anxiety, panic attacks, depression, and fatigue and may even show physical symptoms such as an increased heart rate and headache. This is because they internalize the feelings and pain of others without the ability to distinguish it from their own.

Love And Empathetic Learning

Love follows empathy. When it comes to the survival of intimate relationships, no matter how much love there is between you and your partner, there's no guarantee that you both will be able to empathize even if you think you are "soulmates." Without empathy, the love in your relationship will end up like "love" as in tennis one big zero.

How To Imbibe Empathy

The following phrases can be used while communicating in order to practise and imbibe sympathy in day- to- day life :

- You are making total sense.
- I understand how you feel.
- You must feel so hopeless.
- I just feel such despair in you when you talk about this.
- You are in a tough spot here.
- I can feel the pain you feel.
- The world needs to stop when you are in this much pain.
- I wish you didn't have to go through that.

Empathy is important because it helps us understand how others are feeling so we can respond appropriately to the situation. People who are good at reading others' emotions, such as manipulators, fortune-tellers or psychics, might also use their excellent empathetic skills for others benefit by helping others to overcome the pains in life. The empathy personality trait is mostly intuitive but you can also develop empathy by taking conscious steps in this direction.

Examples of Empathy

People can show empathy to other species too. Imagine your beloved dog is dying. You try to keep her happy and comfortable for as long as possible, but a day comes when she is in too much pain to enjoy her life. You take her to the vet and have her put to sleep.

Signs to understand empathetic quality in you:

- You take on the emotion of others
- Tend to avoid large gatherings
- Tend to be introverted
- Love nature

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- Have a calming effect on people
- Give them alone time
- Be honest
- Be supportive

The following techniques can be practised to be empathetic .

1. Self-awareness
2. Awareness of situations
3. Practice to be humble and generous
4. Be compassionate and kind
5. Practice to be dynamic and flexible
6. Become broad-minded
7. Be ready to help others who are suffering in best possible ways
8. Practice eco -friendly life and harmless being
9. Develop cosmopolitan min
10. Save the planet through Empathy
11. Acknowledge that you are an empath. If you are an empath, compassion is your calling
12. Trust your intuition. As an empath, you are highly sensitive
13. Don't play the victim
14. Set boundaries
15. Meditate
16. Breathe
17. Transmute negative energy
18. Love yourself

To develop empathetic attitude in your personality traits, you will have to develop the skills. Empaths are highly sensitive individuals, who have a keen ability to sense what people around them are thinking and feeling. Empaths also tend to be highly intuitive and emotionally intelligent.

Source:https://www.google.co.in/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwjYuL-sgMfxAhUaT30KHcipCkUQFjAPegQICxAD&url=https%3A%2F%2Fwww.psychologytoday.com%2Fus%2Fbasics%2Fempathy&usg=AOvVaw2cQth54hsXl4j_e5HI8HZT