

TICKET TO BEING A GOOD HUMAN BEING



The Red Elephant Foundation

EMPATHY

One quality to make the world a peaceful place



Boarding: Right Away



DATE

TODAY

DESTINATION

A Peaceful World

TIME

NOW

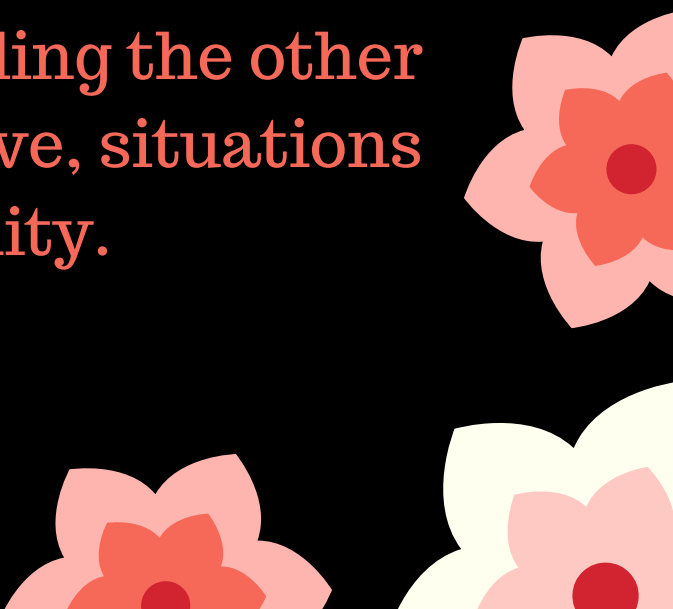




WHAT IS EMPATHY?

Empathy is the act of
recognizing emotions in others
and being able to "put yourself in
another person's shoes."


Understanding, in this context,
means understanding the other
person's perspective, situations
and reality.





WHAT IS EMPATHY?

In order to empathic, it is necessary to look at life beyond yourself, your concerns and your perspectives. When you keep your prejudices and bias aside, you can be more empathetic.

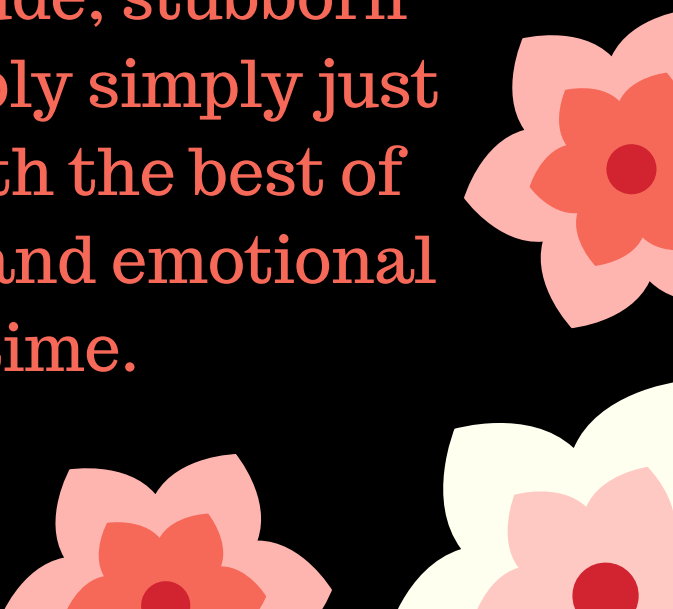




HOW CAN WE BECOME EMPATHETIC?

THE FIRST STEP IS TO SET ASIDE YOUR OWN IDEA OR VIEW OF THINGS.

Start looking at things from the other's point of view. When you do this, you will find that people are not rude, stubborn or hurtful. They are probably simply just reacting to a situation with the best of their knowledge, abilities and emotional strength at that time.






HOW CAN WE BECOME EMPATHETIC?

THE NEXT STEP IS TO ACKNOWLEDGE
WHAT THE OTHER FEELS, SEES OR
BELIEVES.

You do not have to agree:
acknowledgment is just accepting that
the other has a point of view. Remember,
people can disagree with you and have
opinions different from yours. Respect
that they could have reasons to believe
what they believe.

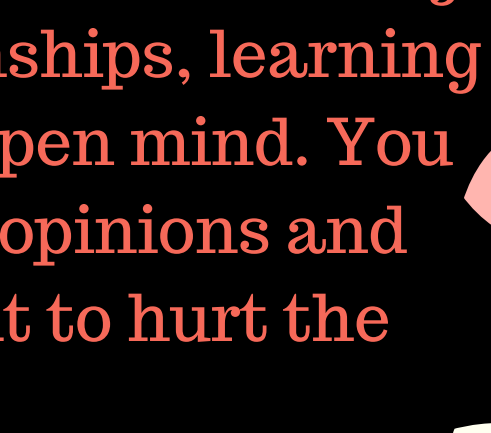




HOW CAN WE BECOME EMPATHETIC?

NEXT, KEEP AN EYE ON YOUR OWN
ATTITUDE.

Are you trying to prove them wrong? Are you trying to get your way, or trying to win? Instead, redirect yourself to finding solutions, building relationships, learning new things, and keep an open mind. You can also articulate your opinions and reasoning, but don't do it to hurt the other.






HOW CAN WE BECOME EMPATHETIC?

THE NEXT IMPORTANT THING IS TO
LISTEN.

Listen to what the other is telling
you and observe how they tell you.
Listen with your heart, and listen
with an open-mind so you can
learn something new.






HOW CAN WE BECOME EMPATHETIC?


FINALLY, ASK QUESTIONS.

When you have a doubt, when you feel unsure of something, when you are learning something new and want to know more, ask questions. However, be open to receiving all the information they offer you, and also be open to the possibility of them choosing not to answer, and respect them either way.





SIX STEPS TO EMPATHY

1. Be curious about strangers
 2. Challenge Prejudices and discover common factors
 3. Try another person's life
 4. Listen and open up to communicate
 5. Inspire change by starting a conversation
 6. Imagine, imagine, imagine!
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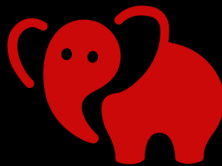


RESOURCES

<https://www.mindtools.com/pages/article/EmpathyatWork.htm>

<http://www.skillsyouneed.com/ips/empathy.html>

http://greatergood.berkeley.edu/article/item/six_habits_of_highly_empathic_people1



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