

Empathy

Empathy is understanding someone's feelings and being able to relate to them. Knowing that Being a good listener, being sensitive, and being understanding to someone's feelings are all part of being empathetic is important. It is also important to identify what not to do when trying to be empathetic towards someone.



Empathy is not...

Empathy is not...

Solving the problem

Examples

"I'll talk to them"
"I'll get you a new one"
"I'll fix it"

Unsolicited advice

"Well, if I were you. . ."
"I think you should. . ."
"Why don't you just. . .?"

Dismissing feelings

"It's not that big a deal."
"At least you are not..."
"Get over it."
"That's no reason to be upset."
"That has happened to me too"

Sarcasm

"That's just such a tragedy!"
"Oh, it is just the end of the world..."
"what a shame."

Empatía

La empatía es comprender los sentimientos de alguien y ser capaz de relacionarse con ellos. Es importante saber que ser un buen oyente, ser sensible y comprender los sentimientos de alguien son parte de ser empático. También es importante identificar lo que no se debe hacer cuando se trata de ser empático con alguien.



La empatía no es...

La empatía no es...

Solucionando el problema

Ejemplos

"Hablaré con ellos"
"Te conseguiré uno nuevo"
"Lo arreglaré"

Consejos no solicitados

"Bueno, si yo fuera tú..."
"Creo que deberías..."
"¿Por qué no simplemente. . .?"

Descartando sentimientos

"No es gran cosa."
"Al menos no te esta pasando..."
"Superalo."
"Esa no es razón para estar molesto".
"Eso también me ha pasado a mí"

Sarcasmo

"¡Hay que tragedia!"
"Es el fin del mundo..."
"Qué vergüenza."



Download More Resources at
RMCcharity.org

Riverside Medical Clinic
CHARITABLE
foundation

ANTI-BULLYING
INSTITUTE

Riverside Medical Clinic Charitable Foundation is a 501(c)(3) nonprofit organization and all of our programs are funded entirely by donations. All donations are tax-deductible to the extent allowed by law. (Federal Tax ID #30-0796418).



Descargue más recursos en
RMCcharity.org

Riverside Medical Clinic
CHARITABLE
foundation

ANTI-BULLYING
INSTITUTE

Riverside Medical Clinic Charitable Foundation is a 501(c)(3) nonprofit organization and all of our programs are funded entirely by donations. All donations are tax-deductible to the extent allowed by law. (Federal Tax ID #30-0796418).

