







SYMPATHY VS. EMPATHY

SYMPATHY: + ASSUMPTION WE CAN RELATE TO THE DIFFICULTIES THAT SOMEONE FACES

- IMAGINING HOW WE THINK WE WOULD FEEL IN A SIMILAR SITUATION
- * RELIANCE ON OUR OWN COMFORT OR PRIOR PRESUMPTIONS
- MPATHY: + RECOGNITION OF SOMEONE ELSE'S
 - SUFFERING
 - + CONNECTION WITH OTHER HUMAN BEINGS, EVEN IF THEIR CHALLENGES ARE DIFFERENT FROM OUR OWN
 - * FOCUSING ON THE OTHER PERSON'S EXPERIENCES AND PERCEPTIONS

SYMPATHY VS. EMPATHY

I KNOW JUST HOW YOU FEEL AND THIS IS WHAT I WOULD DO IF I WERE IN YOUR PLACE. DON'T WORRY YOU WILL GET OVER IT. I DID.

SOMETHING, AND I CANNOT IMAGINE
WHAT THAT IS LIKE. PLEASE LET ME
KNOW IF THERE IS ANYTHING I CAN DO
TO HELP, INCLUDING JUST GIVING YOU
SPACE TO DEAL WITH THINGS.



























