



TEMPLESOUL

Virtues

E

Empathy

"I am able to speak my mind whilst still being sensitive. "

What Is Empathy?

Empathy is the ability to understand and share the feelings of another.

Having empathy is being able to see another's point of view.

It is having the ability to put yourself in another's shoes and understand how they may feel.

It is an amazing attribute to be able to see another's point of view even when they differ from yours.

Having empathy, allows you to step back and think about how someone else may be feeling.

You may be naturally empathetic, which is wonderful, but if not, it's time to become aware and practice being empathetic.

Why Is Being Empathetic Important?

Empathy is an extremely important virtue.

It helps in our relationships with others.

Seeing things from another's perspective helps us keep relationships harmonious.

It also helps you understand how your actions affect others and this in turn helps you understand how to be a good and kind friend.

How Could You Practice Empathy?

To practice being empathetic you could take notice of each and every interaction you have with another.

Start recognising when you become cross if someone has a differing opinion from yours.

Are you showing empathy?

How do you react when someone is feeling sad or overjoyed?

Home Practice

What do you think you could do to be more **empathetic** this week?

Think about the people you live with and the people you spend lots of time with. It could be class mates, your teachers, aunts, uncles or cousins - mum and dad, brothers and sisters.

The first step in changing behavioural patterns is by recognising them.

See how it feels in your body when someones opinion differs from yours?

Also think about how other people might be feeling, can you empathise with them?

Can you offer comfort when they are sad?

Can you share in their joy when they are happy?

And I don't want you to be hard on yourself during this exercise. Have compassion and love for yourself, first and foremost.

If there is a moment when you haven't shown empathy - think of it as an opportunity to practice more.

Instead thank the universe for showing you how to be empathetic, and practice it next time - you'll get plenty of opportunities, I promise!

Remember, life is a journey, a learning experience. When we become aware of this we can take steps in changing our behaviours and patterns and make virtues part of our everyday life.

You're doing a fabulous job and I'm so proud of you!