

Name _____ Date _____

CORE COMPETENCY #7

EMPATHY

Rate your level of empathy for the victim during the domestic violence incident.

None mild moderate high

How has your empathy towards the victim changed?

If the victim was here today what would you tell them about your behavior during the incident?

Over the next week describe one example of how you felt empathy for someone.

EMPATHY

Empathy is the glue that bonds us, when we feel connected to someone we feel with them or we feel what the other person is feeling. It is very difficult to be abusive to someone when you have empathy for them.

A lack of empathy can be the catalyst for abusive behavior. Here are a few suggestions on how to improve your empathy for others.

HOW TO DEVELOP EMPATHY

1. Walk a mile in someone else's shoes.
2. Tell yourself maybe they are doing the best they can.
3. Ask yourself have I ever made a similar mistake?
4. How would I want to be treated if I was in their shoes?
5. What can I do to help?

Expressing Empathy

1. Listen intently to what the other person is saying.
2. Let them know you understand they feel bad.
3. Let them know you feel privileged they shared their feelings with you.

How Not to Express Empathy

1. Tell the other person your experiences.
2. Open up with the statement "Well at least."
3. Try to cheer them up.
4. Offer explanations, "This was God's will." "Everything happens for a reason."