



# EMPATHY FOR OTHERS

Learn  
Engage  
Act  
Develop

**SWITCH**

*Judgment* to *Understanding*

**LEARN**

Empathy is often confused with sympathy. Sympathy is feeling sorry for someone in an unfortunate situation, whereas empathy goes much deeper. Empathy is being able to relate to someone's hurt and to feel what they're feeling. It begins with understanding there's more to their story than just what you see and hear on the surface.

**Objective:** To resist judging others by trying to understand what's going on in their lives. To bring happiness to others through kindness, which ultimately will positively impact your own life.

Why switch judgment to understanding?

**To be able to be more accepting and supportive of others!**

People who have empathy know how to respond, relate, support, and get along with others. These people are happier, have stronger friendships, higher self-esteem, and lead more successful lives.

**Direction:** Complete the LEAD steps in a journal or on this paper.

- Watch: (click link) **Opening Doors and Hearts**
- What impacted you the most from this video and why?
- Watch: (click link) **SOLE Effects: Mei's Story on Empathy**
- What impacted you the most from this video and why?

## Under The Surface

Read and Reflect.

Understanding this visual, Under the Surface, will help you to have more empathy for others.

The top of the iceberg is small, It's what you experience, what you see and hear from others.

The iceberg under the surface is much larger because there's so much more about a person going on underneath.



## ENGAGE

Think of three people you tend to be judgmental toward. (Maybe their actions annoy you or they look “weird” to you.) List things you observe about these people and what could be going on “under the surface.”

### Above the Surface:

He says cruel things to people

### Above the Surface:

### Above the Surface:

### Above the Surface:

### Under the Surface:

People in his life criticize him

### Under the Surface:

### Under the Surface:

### Under the Surface:

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## ACT

Watch: (click link) **Science of Kindness**. Reflect on the many benefits of kindness. A random act of kindness is giving your best self to others without expecting anything in return. This week, spread happiness by showing random acts of kindness.

- Say something kind to someone.
- Send a positive text to someone.
- On a media platform, write something inspirational.
- Write a kind note to someone.
- Create your own act of kindness.

How did some of these acts of kindness impact you?

How do you think your kindness impacted them?

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## DEVELOP

Challenge yourself to show one act of kindness a day. Can you imagine how your life and the lives of others could positively change over 365 days?

*Live Your Adventure!*