

## **Empathy**

The ability to really understand others



<https://pixabay.com/en/human-older-people-189282/>

*“Could a greater miracle take place then for us to look through each others eyes for an instant?”*

David Henry Thoreau

Tags Social, Communication skills, Building Community and Embracing Diversity, Personal growth, Leadership and Empowerment

### Challenge:

Some people live with a worldview that mankind is evil and people have tendencies to have something bad in mind. This leads to an large number of barriers to communication - with others as well as with one yourself. We have particular fear of criticism and conflict. It might show up as:

- polarisation (us and them), political, social or race based conflicts
- team dynamics, missing commitment
- lack of self esteem leading to fear of talking about my visions and plans because of fear of criticism
- dont dare to contact potential co-operation partners, financiers etc. because “they are too foreign”, “the other” , or anxiety that we will look stupid or be rejected.

### Solution:

To step out of the assumption that mankind is “evil” and that people have bad intentions helps to really understand people’s motivation and intention. This means understanding on a rational but also on a heart level. If you reach a level of connection where your heart begins to warm to them - that’s what it is. It is like putting yourself into the shoes of another person, role or societal group - and not only **knowing** this role or acting like this role but really to **feel** it. **Understanding others in a compassionate way will smooth your relationships and open unthought of possibilities and potential for creativity.**

**You can also explore the roles and arguments of people you are or need to come into contact with as a preparation of a meeting.**

### References:

patterns: nonviolent communication, process work, transforming enemy images, dialogue, way of council

Submitted by : Pioneers of Change