

## Empathic communication

A set of skills and structures for creating empathic connection and generating creative, collaborative results.



Image: <https://pixabay.com/en/compassion-listening-witnessing-857709/>

*"Seeing with the eyes of another, listening with the ears of another, and feeling with the heart of another." Alfred Adler*

**Tag:** connection

### **Challenge:**

People have deep needs which are not being met in their world, and they have adopted these seemingly or actually self-destructive worldviews or ways of acting that they believe will help them meet their needs.

### **Solution:**

Empathic communication is a vital means of enhancing our performance, while supporting others to do the same. In this way we cultivate a culture of openness, mutual respect and improved teamwork.

Empathy is the process of bringing a quality of presence, non-judgmental compassion and curiosity to both our listening and our speaking. Through empathy, we are able to open our hearts and to hear the deep meaning, pain, yearning and fears underlying people's expressions. By empathically expressing ourselves, we can share our deepest yearnings, fears, and pains, put forth a vision of what we want, make requests, and thereby build connection and trust across differences.

### **Reference:**

<http://www.lifeatwork.co.uk/communication/empathic.html>

<https://spiritualprogressives.org/philosophy/empathic-communication/>

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