MAKING A DIFFERENCE THROUGH COMPASSION

HOW WE CAN TRAIN UP OUR BRAIN'S INNATE EMOTION TO EMPATHISE

By Louisa Devos

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Empathy is one of those topics that generate a lot of talk but few deeds. It’s one of those qualities that everybody claims to have – like having a sense of humor. The trouble with empathy is having empathy always a good thing? Well, it seems that empathy can be a double-edged sword. It is a phenomenon that has been observed in many different species, including dogs and and conveys to us how they would react. If you pet your dog and sometimes interacted, the pet dog gets closer to you, becomes anxious, and the owner – well, they were completely unemotional. Empathy is the skill of being able to understand and share the feeling and sometimes even share their emotions with other people. It is something that others find it hard to do.

There is evidence that we are born with this capacity, even less than a year old have been shown to empathize with something. Other studies have suggested that empathy is a fundamental feature of human beings.

However, it might be more accurate to say that empathy is a part of our human behavior. This is because we are all born with the capacity to empathize. This capacity is thought to be present in the brains of all humans.

Empathy is a skill that we learn from birth. As we grow, we learn to interpret the emotions of others and to share their feelings. This is something that we all naturally do. It is something that is present in the brains of all humans.

EMPATHY FACTORS

A number of factors can influence our ability to empathize. These factors include:

- Our own experiences
- Our cultural background
- The way we were raised
- Our level of education
- Our current emotional state

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THE LINK TO MENTAL PILAR

Empathy is a phenomenon that has been observed in many different species, including dogs and other animals. It is a reaction that is shared by both humans and animals. It is a reaction that is shared by both humans and animals.

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IT'S ALL ABOUT LISTENING

There’s no better feeling than the speaker is saying – real empathy.

Managers with higher levels of empathy are generally seen as being more effective leaders. Most successful top executives have higher levels of empathy and general emotional awareness than the average person.

LOUISA DEVOS

DDB anyone recall the Kevin’s fruit, The Fox and The Stork? The fox invites the dusk to dinner but serves soup in a dish that fox can only eat results in the fox’s death. In retaliation, the fox then invites the bear for a meal served in a long, narrow rocketed bottle. The fox’s trick, of course, could not work but it serves as a reminder to us that empathy can be a double-edged sword.

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