

EMPATHY

IS:

- UNDERSTANDING
- STAYING W/THE PRESENT
- CONNECTION
- A QUALITY OF PRESENCE
- CARING ATTENTION
- LISTENING W/ WHOLE BEING
- FOLLOWING
- GUESSING
- TRANSLATING INTO FEELINGS & NEEDS
- BEING
- ACCOMPANYING
- RESONATING

IS NOT:

- FIXING
- ANALYZING
- CONTENT
- IDENTIFYING
- PHYSICALLY COMFORTING
- INTERROGATING
- LEADING
- KNOWING
- EDUCATING
- DOING
- SEPARATING
- DAMPENING

