

A Framework for Empathy

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I. What is empathy?

An enhanced perception of my relationship to someone else

Empathetic
Receptivity

(Stimuli)

Empathetic
Understanding

(Disposition)

Empathetic
Interpretation

(Processing)

Empathetic
Response

(Closure)

II. What roles do I have in an empathetic encounter?

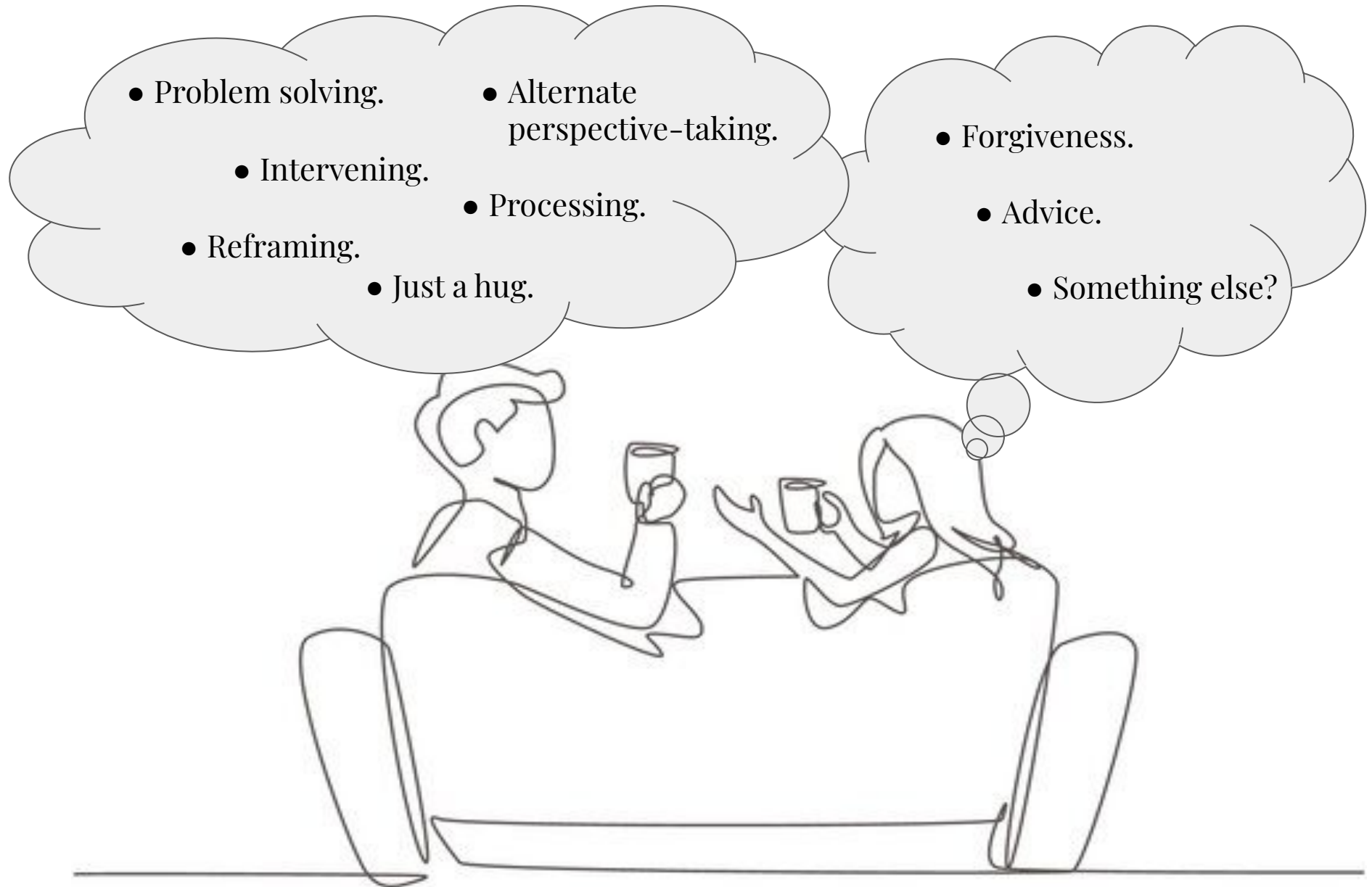
1. What was I doing during my last empathetic encounter?
2. What role did the environment play?
3. Did I experience a “call to action?”
4. What happened after the intervention?

Empathy's Gifts

- ★ “Possibility of relatedness” with 1st, 2nd, and 3rd-person perspectives
- ★ Expansion of Respect

Key Distinction: *What part of this interaction is empathetic?*,
not “Is this encounter empathetic?”

III. When I seek an empathetic encounter, what am I looking for?



“There is always a language before language, which is perception.”

Merleau-Ponty