I. M. P. A. C. T.

"Empathy is patiently and sincerely seeing the world through the other person's eyes. It is not learned in school; it is cultivated over a lifetime." -Albert Einstein

I.M.P.A.C.T
★ ★
EMPOWER CHANGE & GROWTH

Empathy is a one-on-one connection because of a deep understanding that comes from sharing an emotional experience.
The shared experience can generate a profound understanding because you attempt to know what it is like to "walk in their shoes."

Sympathy is a feeling of sadness or pity felt for another person.
Sympathy may not be received as well as empathy. Although it comes from a good place, it can lead to isolation or disconnection.

I'm sorry for you.

I understand.

Sympathy   Empathy

lifehack

DISTRICT 129 IN PARTNERSHIP WITH FAMILY COUNSELING SERVICE

Family
Counseling Service
Hope Starts Here

W
129