

## IMPORTANCE OF EMPATHY IN UNDERSTANDING HOW OTHERS FEEL

*by:*

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Have you ever wondered how someone in need feels with his heart? Sometimes a person who has lost a pet from an accident has been hurt in a bad fall or has been very sick can feel very sad. We need to take time to think about how other people feel and to be aware of their needs. Then we can begin to understand how we can be kind and thoughtful toward them. It is all about trying to put ourselves in the other person's place or shoes.

Empathy is one of the most important aspects of creating a strong relationship, reducing stress, and enhancing emotional awareness. There are so many benefits to empathy that most people are not even aware of. A good example of that is when you feel empathy for others, you feel a sense of peace, connection, and perspective that you like however, when there is an absence of empathy in a particular relationship, situation, or in how you are relating with yourself and others. You openly experience stress, disconnection, and negativity. It is essential to understand that empathy is different from sympathy.

When we are sympathetic, we often pity someone else but maintain our distance (physically, mentally, and emotionally) from their feelings or experience. Empathy is more a sense that we can truly understand the depth of another person's emotional state or situation. It connotes feeling with a person rather than feeling sorry for a person.

We may even take time to think, "How would this person feel when he is so sick?" or "how would I feel if my special pet dies?" I may then ask myself, "Is there anything

that I could do to make this person feel better?” It is important to share our feelings and emotions. It helps us build stronger relationships with people whom we care about. If someone is doing or saying something that we do not like or it makes us feel uncomfortable, you speak out and tell others how you feel. The only feelings you have full control over are your own and that is called emotional responsibility

As we walk down the street or through a shopping center, we may see other children or people with sad looks on their faces. We may even see a person who has one eye covered or a bandage on his foot. Whatever it is if we learn to be observant of other people who are coping with their difficulties. To help develop a grace that shares how other people are feeling we must practice benevolence, charity, compassion, and pity. Rarely do automatically develop such a gift of grace on our own. We do it by learning to understand how they would be feeling as we talk with our parents and other adults about these people. Then we see people in difficulties can be more thoughtful towards them.

Let us try to be more observant and think about those who have special needs more often, then our compassion will grow. The Lord Jesus Christ teaches us many things in life. He gives food to every living thing, for his loving-kindness continues forever. Not only does sharing bring joy, but it also teaches us the importance of taking care of others. Let our hearts be stretched out in compassion towards others, for everyone is walking his or her own difficult path.

### *References:*

- 1) Understanding other people (For Teens) <https://kidshealth.org>., 2) The importance of understanding Your emotions <https://mytherapynyc.com>; 3) Understanding others' feelings: what is empathy and why we do we need it? <https://theconversation.com>