Degrees of Empathy
The Art of Understanding
What kind of a brain do you have?

![Brain Diagram]

- Extreme Type E
- Type E (E>S)
- Type B (E=s)
- Type S (S>E)
- Extreme Type S
Empathy
Adopting a double minded focus of attention

Identifying what someone else is thinking or feeling and

Responding to thoughts and feelings with an appropriate emotion
Understand accurately another persons position
Identify where they are at...
Find solutions where there are opposing views
Make another person feel valued
Enable the thoughts and feelings of the trainee to be heard, acknowledged and respected
Develop friendships and look after the relationship
Empathy

- **Figuring out** what the other person might have intended
- **Anticipating** how things may be experienced by another mind, different to your own
- **Tuned in** to a range of possibilities and consequences
0 empathy

No understanding of the feelings of others
Capable of a degree of empathy
At the critical moment they cannot stop themselves
Judgment becomes completely clouded
The feelings of others fall off their radar
Victims seen simply as an object to be vanquished or removed
After the event they can reflect at what they’ve done to some extent and show regret...

Level 1
- Enough empathy to inhibit any physical aggression
- Not enough to stop them shouting or saying hurtful things
- Typically need feedback to realize they have overstepped the mark
- Able to realize they have done something wrong
- Anticipating another person's feelings in subtle ways doesn't come naturally
- Often mystified as to what they are doing wrong
- They blunder through life saying or doing the wrong things

Level 2
They know they have difficulty with empathy
Try to mask or compensate
Avoid jobs or relationships where there are constant demands on their empathy
Avoid others because social interaction is so hard
Difficulty reading facial expressions
Never quite sure what is expected
Small talk may be a nightmare … it seems so unpredictable … no rules to follow
They prefer to be alone
- Blunted empathy... more comfortable when conversation shifts to topics other than the emotions.
- Prefer to do something practical, or offering to fix something rather than discuss their feelings.
- Friendships based on shared activities or interests rather than on emotional intimacy (but no less enjoyable or weaker because of this) ...more men than women at level 4.
Level 5

- Friendships more based on emotional intimacy, sharing confidences, mutual support and expressions of compassion
- Others are more on their radar, more careful about how they interact, consult looking at a range of perspectives
- Hold back from asserting their opinion, so as not to dominate or intrude... take their time with others even if they have lots to do
- Glean information by chatting on a range of topics rather than by direct questioning
- Individuals with remarkable empathy
- Naturally focused on other people's feelings and their well-being
- Go out of their way to check and support
- Their highly sensitive radar continually scanning
- They notice your body language and read your tone of voice, they pick up the messages revealed in your eyes
- They know how to make you feel valued

Level 6
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References

- A Matter of Principal   SMH Feb 11 2013
- Zero Degrees of Empathy   Simon Baron–Cohen   Penguin 2011