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Fall 2023

Defining Empathy

Fieldwork Museum

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EMPATHY

DEFINING

Empathy is the ability to share and understand the emotions of others. It includes the ability to imagine the thoughts and feelings of others.

What is affective empathy?

Affective empathy is one's ability to understand and experience the emotions of others. For example, if they see someone experiencing deep sadness then they will begin to experience the same emotions within themselves.

What is cognitive empathy?

Cognitive empathy is one's capability to recognize or be aware of particular emotions of others. For example, cognitive empathy allows one to understand another person's perspective, without actually engaging with their emotions.

What is emotional regulation?

Emotional regulation is one's ability to stabilize their emotions internally. For example, it is essential for a patient to stay calm when having their blood pressure taken at the doctor's office.

Why is empathy important?

Empathy is essential in many different aspects of life. Whether it be a friendship, a job or a relationship, you must be able to trust and relate to people on different levels. Being empathetic helps your ability to communicate and understand those around you, especially when handling conflict or difficult situations.

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Fieldwork
Museum

The "Eyes" exercise on the wall is one means to test your ability to read and understand people's emotions.