6 Empathy Misses

Brené Brown, Dare to Lead

www.brenebrown.com

1. Sympathy vs Empathy: Mud Hole Image
   - Sympathy is “I feel so sorry for you”
     - Drives disconnection
     - *It is like if person in trouble is in a hole, and you are standing above looking down saying “that must suck”.*
   - Empathy, “I get it, me too, I understand, I’ve been there;” feeling the pain with the person
     - Fuels connection
     - Maintaining clear lines about what belongs to whom
     - *It is climbing in the hole with that person but making sure you have a way out.*
     - Overidentification, is climbing into the hole and not being able to get out.

2. The Gasp & Awe
   - Gasp – in judgement
   - Awe, you feel for them and try and make them feel better

3. The Mighty Fall
   - They say how much you let them down, this is a drive for perfectionism.
   - Validates the feeling of not being good enough.

4. The Block and Tackle
   - Refuse to sit in discomfort, they choose judgement

5. Boots and Shovel
   - Refuse to acknowledge the struggle, hustling you to make you feel better. Missing it!

6. If you think that is Bad
   - 1 Up, they have a better story