



Holding the Empathy Navigation Pathway in real life

This is a simple takeaway you can use straight away, as a way of thinking.


Utilise your own emotional awareness as a guide, ask:




What might someone else be carrying right now?




What might that feel like?



What am I carrying into this moment? What is within my control? What is my self talk?



Given that, how can I best respond compassionately to the other person and my self?



The funnel of life is always there, for you, and for others.
What we carry and our outlook shapes what comes out, especially under pressure, tiredness and emotional load.

C&C EMPATHY NAVIGATION PATHWAY®

Your 4 R's Empathy Roadmap



1



RECOGNISE, IMAGINE & INTELLECTUALLY UNDERSTAND

Using Cognitive Empathy, recognise, imagine & intellectually understand another's position & situation.

2



RELATE & FEEL THE EMOTIONAL EXPERIENCE

Using Emotional Empathy allow yourself to relate & connect with the feelings & emotional component of another.

3



REFLECT ON WHAT CAN'T BE DONE

Using logic & intellect reflect & accept the reality & limitations. What things are out of your control. (Important for self care).

4



RESPOND WITH COMPASSIONATE ACTION

Using Compassionate Empathy, what action CAN you respond with: What might you do (or stop doing)? Supporting? Checking in?