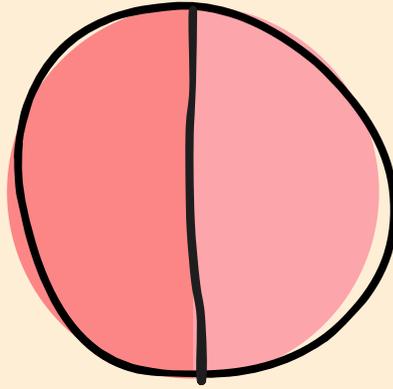


what people **THINK** empathy is

"walk a mile in
their shoes"

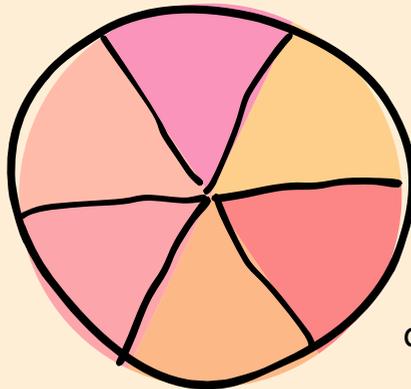


being soft or
permissive

what empathy **REALLY** is

being present

validating
emotions



listening fully

feeling deeply
connected

respecting
others & self

discovering
real needs

