

# Me and My Sense of Empathy



# Learning Objectives



Measure personal  
level of empathy  
skills



Reconstruct knowledge  
based on personal  
experience



Display  
knowledge in  
the form of role  
play



Cultivate empathy  
in everyday  
actions



# Definition of Empathy

Empathy is the ability to feel the same emotions as another person, especially in indirect situations due to the experiences that person has experienced.

*(Wondra & Ellsworth, 2015).*

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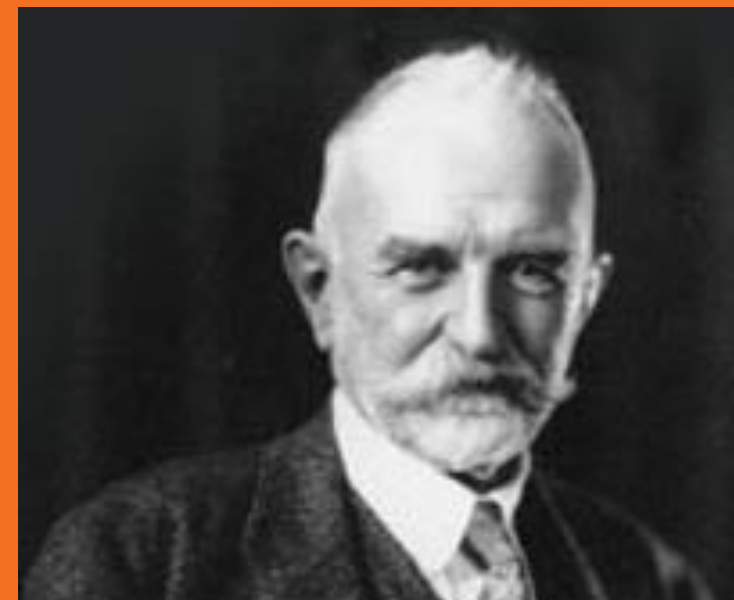


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## Theory of Empathy

Empathy was originally called *einfuhlung* by **Robert Vischer** (1873), meaning the spontaneous projection of another person's emotions.

In psychology, empathy is the ability to understand the situation, emotions, and thoughts of others and adjust behavior accordingly (**Mead**, 2018).



# Two Types of Empathy

## Affective Empathy

Feeling the emotions of others,  
e.g. feeling anxious when  
detecting their anxiety



## Cognitive Empathy

Understand others' perspectives  
and emotions, for example when  
negotiating or motivating





# Benefits of Empathy



Encourage and support individuals in improving their socialization skills.



Assists us in managing our emotions



Promote collaboration and mutual support

# Factors of Empathy



Genetic  
factors



Education

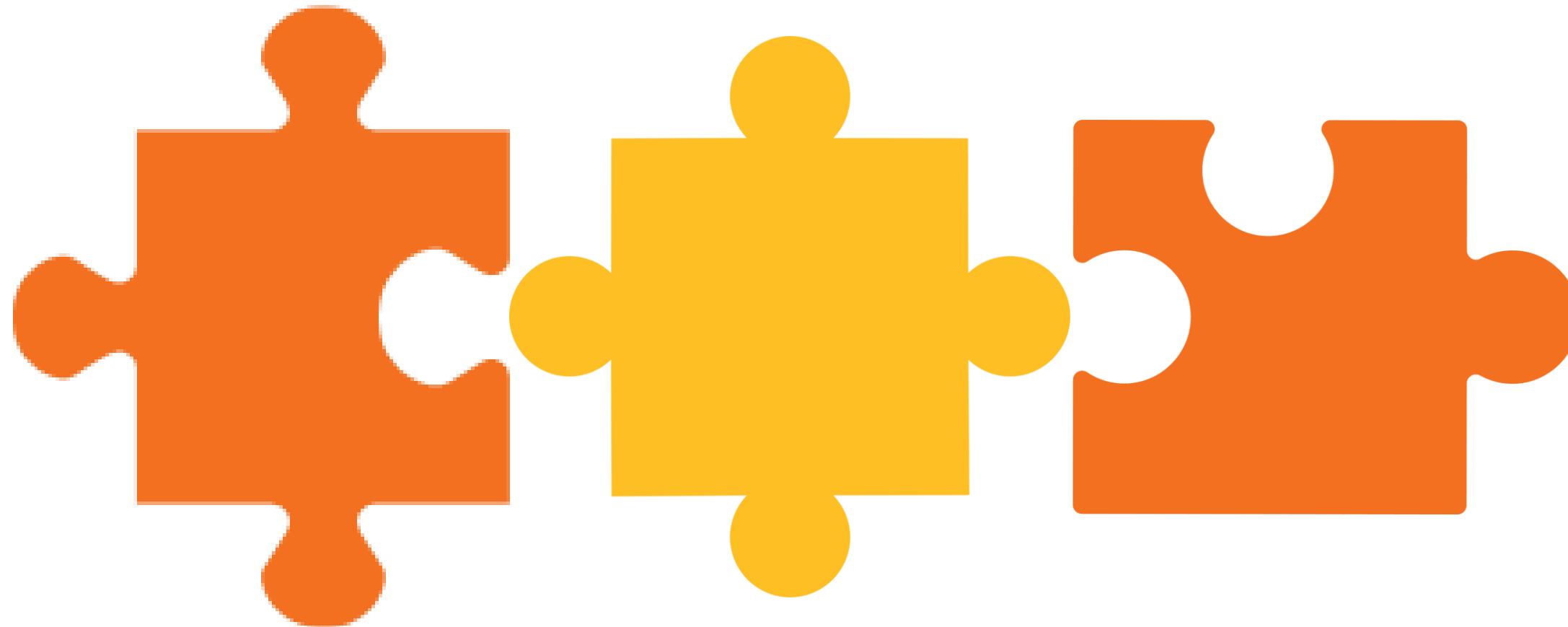


Social  
condition

# Indicators of Empathy

1

Active listening to  
the other person's  
story or  
expression.



2

Compose  
appropriate  
words to describe  
the other person's  
emotions

3

Use those words to show  
understanding of the situation and their  
feelings.



# Showing Empathy or Detecting Other's Emotions

## By Body Language

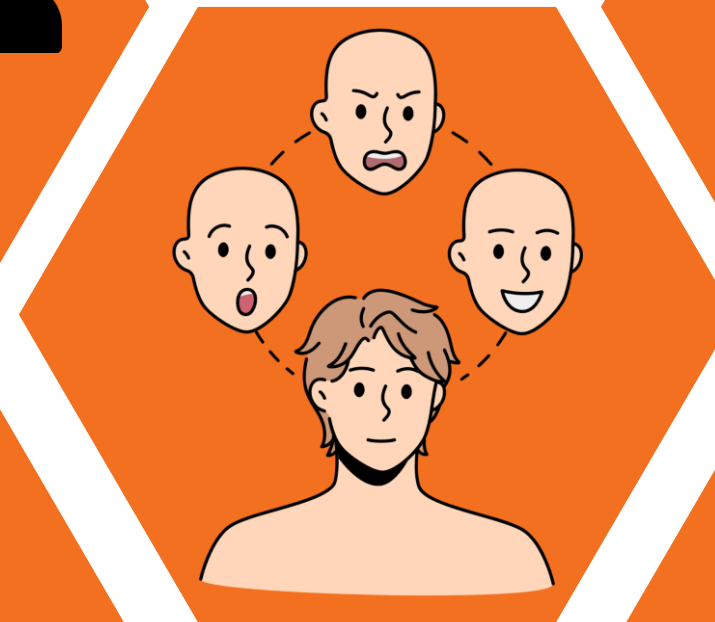


**Closeness:** Move away or closer according to comfort



**Touch:**  
Tapping on the shoulder shows empathy

**Positioning:**  
Gestures such as opening or crossing arms



**Facial Expressions:**  
Facial expressions and eye contact



**Breathing:**  
Rapid and short breathing indicates anxiety or nervousness



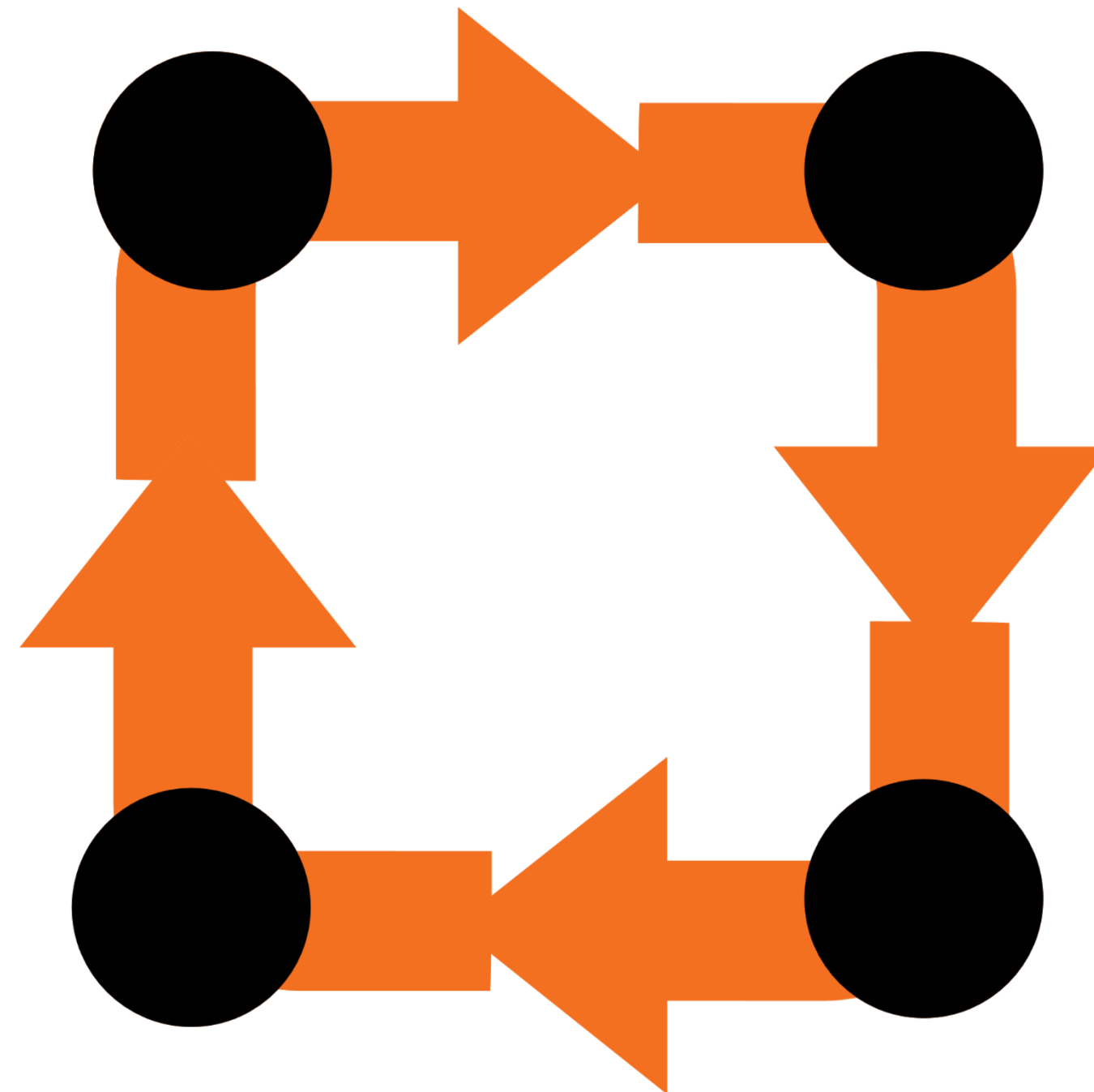
# Empathy Learning Phase

## Ignorance Phase

Not yet aware of the importance of empathy and not showing indicators of empathy

## Learning Phase

Accustomed to showing empathy in various situations



## Recognition Phase

Realizing the importance of empathy, but not yet able to demonstrate it

## Awareness Phase

Begins to show empathy, but still often misses the mark

**World Vision**

INDONESIA

Wahana Visi Indonesia bermitra dengan World Vision yang mendukung KOICA PMC Project yang bertujuan untuk meningkatkan Rehabilitasi Sosial bagi Remaja Rentan di Indonesia yang di inisiasi oleh Korea Institute for Development Strategy (KDS). ReBach Internasional dan World Vision Korea dan didanai oleh Korea Cooperation Agency (KOICA)

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