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Expressing Empathy

Being empathetic means to understand the thoughts and feelings another person is sharing and possible meaning from them. It also involves understanding others from their perspective, not as if you would see it if you were in their place. You feel the way that person feels about a situation and connect with people from different cultures and backgrounds.

A time where I felt that another person really understood me was when I had failed a math assignment. I was in the library for hours, studying and staying up late in preparation for this test. I felt really disappointed when I got my results back, being that I was prepared and thought I had passed. I have never received a failing assignment as this before and just wondered where I had went wrong. I started to feel depressed and had blamed myself that I was a failure student. When I told my friends about this, they decided to hang out and take me out as a way in cheering me up and getting my mind off of it. One of them says, "I am sorry that you failed your assignment. You will do great on the next one!" The other one hugs me and says, "I know how you are feeling. I failed a math assignment last semester and really thought I had did well. I know you must be disappointed, but do not get discouraged or depressed. Work even harder next time and you will do great!"

It is easier to empathize with someone that has been in a similar situation. When one of my friends told me that she failed a math assignment as well lasts semester, it was easier for her to understand because she experienced the same or similar thing. She was able to relate to my feelings and that gave me a little comfort because I was able to know that I am not the only one that has ever failed that assignment. She also was able to relate how hard the math assignment

was and that she had studied really hard. I felt somewhat better after we had went out and hung out together.

I also had coping strategies to get my mind off of the assignment. My mind really needed a break, so I did not want to think about it in any way. I really get discouraged when failing something because my grades are really important to me. Whenever you reach out to understand and empathize with someone from a different culture and background, it can be quite challenging. But it will be essential to me by learning different backgrounds and cultures while gaining an understanding of them. I will also be able to connect with different backgrounds and cultures. It can be challenging by knowing what to say and not when dealing with clients from different cultures and backgrounds. Clients may have different beliefs in which they do or say things, so it will be important to know them when working with your client.