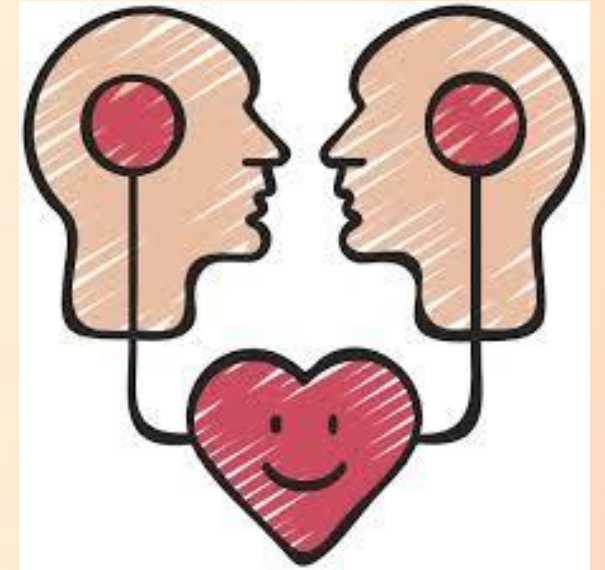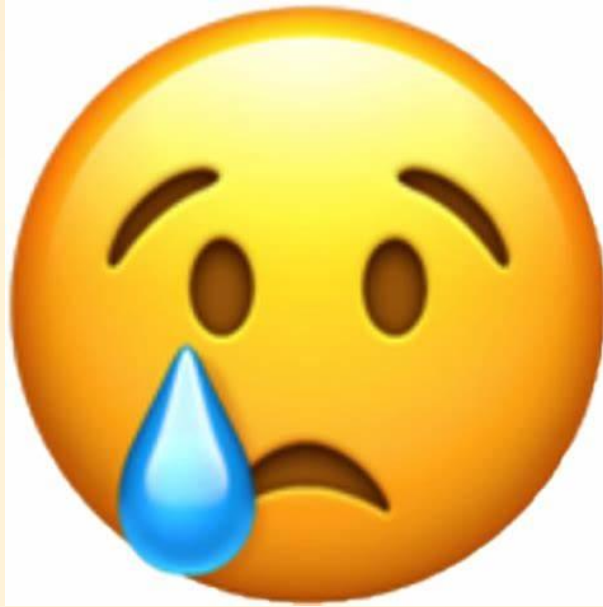# The power of empathy

A social story about being empathetic, happy and healthy

I like to feel happy and spend good time with people around me.

Sometimes I feel sad or upset.

And that`s ok.

Everyone feels like that sometimes!

When I feel sad or upset, it`s very helpful having someone who listens to me and who understands me. It feels comforting.

Sometimes other people have different opinions and different feelings than mine. That`s ok too!

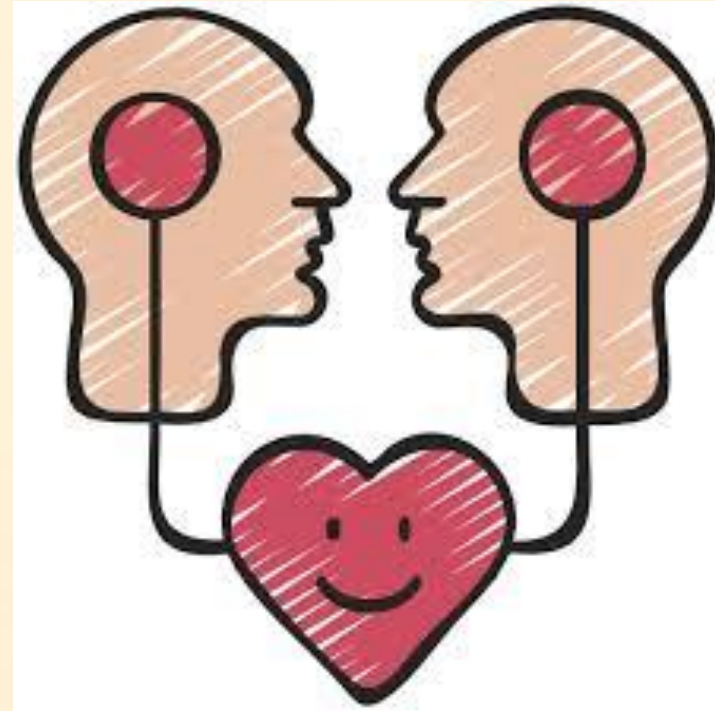We all have different experiences
in our lives.

Still we like each other and we can understand each other.

When we understand and share feelings of other people, that`s called **empathy.**

Empathy is when I try to understand how another person feels and why they feel that way.
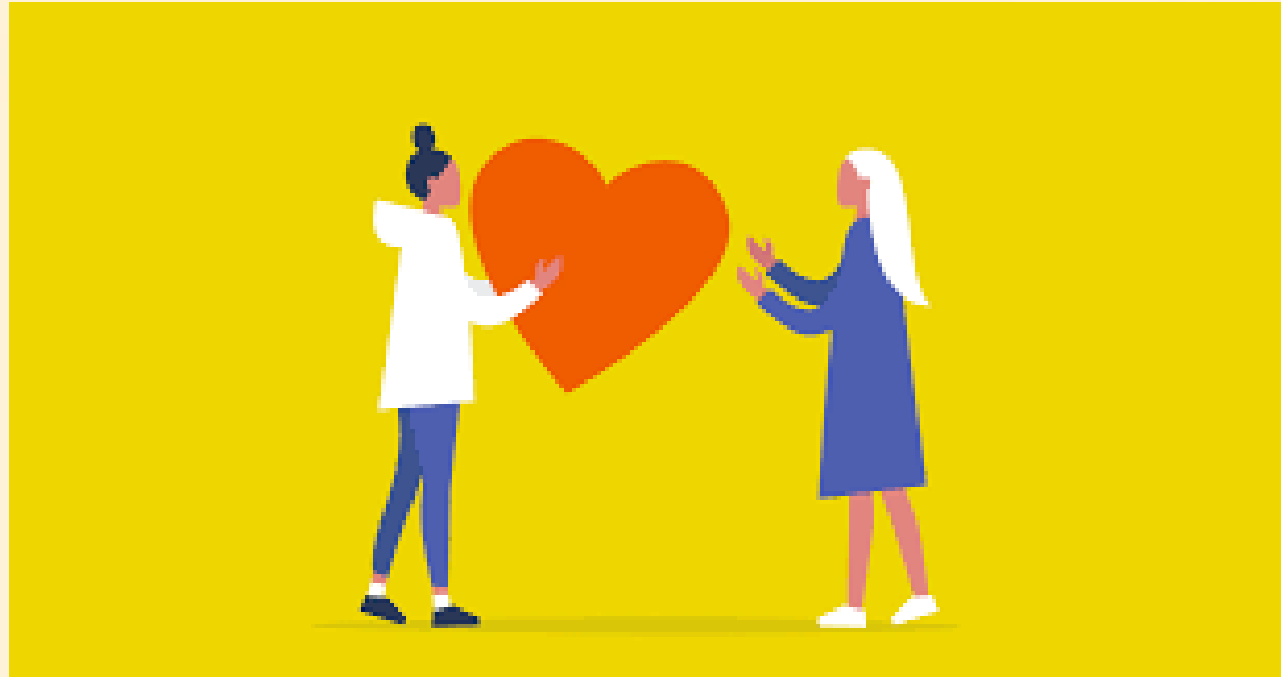
A funny way to say that is,
"to put myself in their shoes", or
"see the world through their eyes".

Empathy is about giving my friends, family, my coworkers or anyone else I related with, the opportunity to think and feel different than me.

I practice empathy when I listen to other people and do not judge them. Simply listening, allowing them to share their feelings and thoughts.

I practice empathy when I understand is not always about my feelings or thoughts. Right now, it`s about the other person.
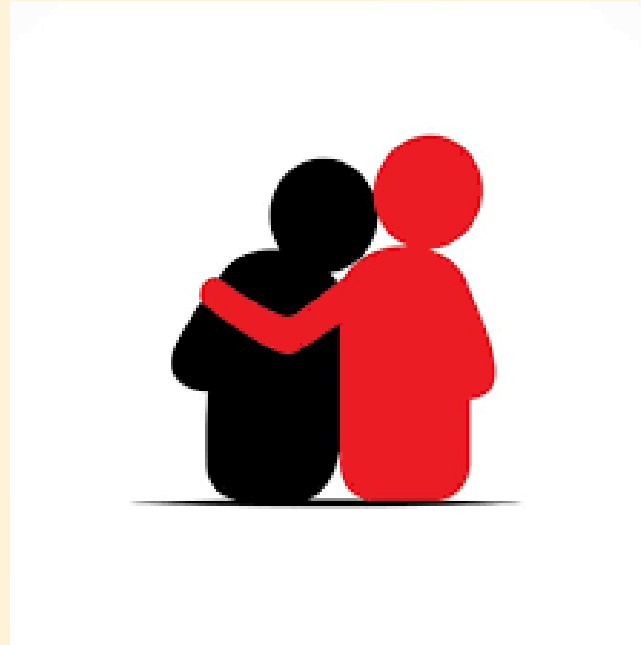
I practice empathy when I show them I respect their thoughts and feelings, and I care about them.

When I practice empathy, I help others feel safe and cared for. Just like I feel safe and cared for when other people show me empathy!

When I practice empathy,
I am letting others know:
"You are not alone"!

When I practice empathy,
I help to make this world a better place.
That feels amazing!