



EMPATHY™

PEOPLE EXCEPTIONALLY TALENTED IN THE EMPATHY THEME CAN SENSE OTHER PEOPLE'S FEELINGS BY IMAGINING THEMSELVES IN OTHERS' LIVES OR SITUATIONS.

People with strong Empathy talents can sense the emotions of those around them. They can feel what others are feeling as though the emotions were their own. They intuitively see the world through others' eyes and share their perspectives. They perceive people's pain or joy — sometimes before it is even expressed. Their instinctive ability to understand is powerful. They can hear unvoiced questions and anticipate needs. Where others grapple for words, they seem to find the right things to say and strike the right tone. As a result, they help people express their feelings — to themselves as well as to others. They help people give voice to their emotional lives.

ITS POWER AND EDGE

People with strong Empathy talents are able to build and form relationships that have great emotional depth. Others feel understood by them and seek their company. Their innate ability to understand the emotions of those around them provides comfort and stability.

IF EMPATHY IS A DOMINANT THEME FOR YOU:

Appreciate and hone your gift for understanding the thoughts and feelings of others.

- Practice refining the words you use to name the feelings you experience and observe in others. Help people name their feelings, as well. Those who can express their feelings seem to work better with others.
- Build trust with people by letting them know that you know how they are feeling.
- Help your colleagues be aware of the feelings of their coworkers.
- Develop routines at the end of each day that allow you to decompress. If you do not, you may find that at times your Empathy talents will drain you.
- Sometimes it is important to be silent. You have the talent to let other people understand that you know how they feel without saying a word. Over time, refine your non-verbal communication skills.

IF EMPATHY IS A LESSER THEME FOR YOU:

If Empathy is not a dominant theme for you, it does not mean you do not care about others or lack emotional intelligence. The way you reach out, however, is probably much less spontaneous and demonstrative than those with high Empathy talents.

- Even if you are not the type to experience others' emotions, you can demonstrate that you care about them by asking questions, committing to action on their behalf, or reminding them of your support and friendship.
- Among your top themes, find those that help you understand and connect with others. Relator and Individualization talents may help you understand where others are coming from.
- Consider taking a course to learn active listening skills. Listening skills can help you develop mutual understanding.
- One of the best ways to show someone that you care is by spending quality time together. Make an appointment once a month to spend quality time with your vital friends and colleagues.
- Before you act, try to put yourself in the other person's shoes. Ask yourself: "How might he feel?" "How will she respond?"