



Do you have a Big Heart?



- SIJU THOMAS » KOTTAYAM, INDIA

This month we learn a life skill called Empathy which gives you a big HEART.

Empathy is the capacity to understand or feel what another person is experiencing from within their frame of reference, that is, the capacity to place oneself in another's position.

Empathy is, at its simplest, awareness of the feelings and emotions of other people.

Have you heard about psychopathy? This is a personality disorder characterised by a lack of empathy (e.g. terrorists, criminals).

When you are empathetic to others you enlarge your heart and you can enjoy your interpersonal relationships. These are some of the situations where you need to develop and express your empathy skills:

- ▶ Imagine a friend in your class has just failed a major test or exam
- ▶ A student gets bullied or insulted
- ▶ A person in physical or mental pain
- ▶ Your friends having family /health / financial problems
- ▶ Sick parents /siblings
- ▶ Physically/emotionally struggling parents/siblings/friends
- ▶ Less privileged people such as sick/homeless/differently abled and so on.

Blessed are the merciful: for they shall obtain mercy (Matthew 5:7).

Empathy, Mercy, Kindness, Compassion are the same. Do remember that simple acts of kindness make this world more beautiful ◦