

The idea of empathizing after the fact. Having a more open mind then.

It's important to look at a situation from someone else's point of view. => the best interventions were the ones that showed their thoughts and feelings when they tried to put themselves in another's shoes.

From the Empathy intervention, we learned that empathy can take many forms based on the person it comes from. Although it is in general a very beneficial thing. It can also lead to harm when the empathizer does not understand the values and needs of the other person.

Our group thought that the specific empathy interventions were the most powerful. The ones where the person stopped to think and evaluate the situation from all sides. The situation in which people actually empathized.

We think that a good way for someone to take action on their intervention (empathy) is to grab a beer with them and talk.

Through the empathy assignment we have learned that empathy is a lot harder than it seems & its not a natural reaction to empathize with someone. Also, a key point was that we don't have to like the person we're empathizing with.

- Moment of pause => so necessary tub takes initiative / a conscious effort.
- Slowing down to empathize with people brings a deeper connection
- Less inclined to jump to "I have them figured out"

A lot of people make similar judgements which we have developed from society.

It made us realize that people have other definitions of empathy, and that some people view it in contexts of money, culture, religion, etc.

- Empathy is key to dialogue between people
- Feeling bad is not the same as empathy

Overall, from this experience, we learned that you never really know what's going on in someone else's life. Give people the benefit of the doubt. \*heart shape\*