

Healing the Divide Week 8 - Deepening Empathy

Scripture: *“All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation.”* — 2 Corinthians 5:18

Quote: “Forgiveness is not an occasional act; it is a constant attitude.” — Martin Luther King Jr.

Education:

- Empathy looks like: Both communicating compassion and personal boundary setting.
- Empathy is both having forgiveness and knowing where your limits are in conversation.
- The window of tolerance metaphor: we experience growth at the limits of this, not
- When we can stay within our limits of tolerable discomfort, our capacity for mercy, compassion and forgiveness increases.
- Moving TOWARDS emotional expression rather than shying away from it can help people get to the deeper root of their activation around a subject or topic.
- What encouraging emotional language can look like:
 - I wonder if this conversation feels frustrating for you. I want to understand your frustration better.
 - I understand this might be a difficult topic for you to speak about. I’m open to hearing more about where that comes from.
 - I’m sensing that this is an emotional topic for you. Can you tell me more?
 - I get that this is touching on some strong values you hold. I am curious about these values.
 - It’s okay to feel intense about this subject. I’m here to listen.
 - I want to understand what this topic brings up for you.