



Sympathy, Empathy and Compassion

SYMPATHY/EMPATHY/COMPASSION

SYMPATHY

- **Meaning:** Feeling pity or sorrow for someone's misfortune
- **Model:** Structure of Sympathy Model by Elizabeth C. Arnold

EMPATHY

- **Meaning:** Stepping into someone else's shoes and experiencing their emotions.
- **Model:** Dual Route Model of Empathy by Jean Decety

COMPASSION

- **Meaning:** Desire to alleviate one's suffering and actively taking steps to help
- **Model:** Halifax Model of Enactive Compassion by Joan Halifax

Values	Sympathy	Empathy	Compassion
Emotional Connection and Involvement	Not as intense as empathy rather just an external acknowledgment	Deep emotional connection and personal involvement	More active engagement with strong commitment to take positive action
Actions	Expressions of concern/verbal support	More about understanding and sharing emotions	Accompanied by tangible actions
Emotional Boundaries	More distinct emotional boundaries	Temporarily blurring emotional boundaries	Supportive and caring response without complete emotional fusion
Type of Emotions Responded	Negative emotions	Both positive and negative emotions	Negative emotions
Components (Cognitive or Affective)	A stronger cognitive component	Involves both	Cognitive + Affective + Behavioral
Relationship with Personal Experience	More generalised	Drawing on personal experiences to relate	Nature of helping
Consistency	More consistent but not as intense as empathy	Vary in consistency	More enduring commitment

DEVELOPING SYMPATHY, EMPATHY AND COMPASSION

- **Sympathy**
 - Active listening
 - Paying attention to others' emotions
- **Empathy:**
 - Develop radical listening
 - Look for the human behind everything
- **Compassion:**
 - Speaking with kindness
 - Accepting people for who they are

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