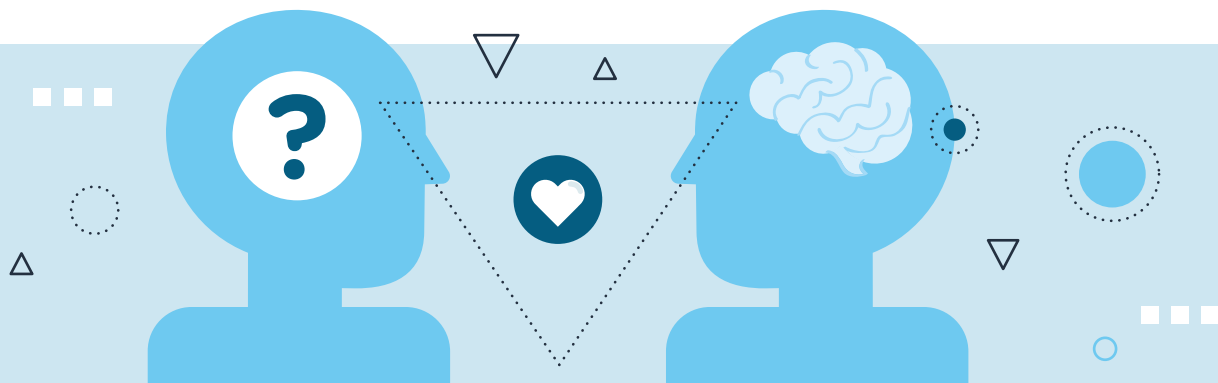


# DEVELOPING EMPATHY IN STUDENTS

## Key Tasks and Conditions for Educators & Parents



### Self in Relation to Self

- All feelings are encouraged to be felt and expressed
- Feelings are not labeled 'positive' and 'negative'
- Aggression is channeled as inclusive not exclusive
- Unpleasant emotions are felt and expressed with support
- Needs are understood through emotions
- Thoughts and behaviors are regulated
- Emotions are understood through sensations
- Tolerance for distress is developed
- Impulses, drives, and fantasies are managed

### Self in Relation to Other

- Impact on others considered and valued
- Manipulation taught to be transparent and thoughtful
- Cooperation valued over domination/submission
- Differences are explored for learning
- Protective mechanisms learned as contact styles
- Interdependence defined and understood
- Curiosity encouraged cause-effect relationships
- Reflective listening skills provided and adopted
- Boundaries learned as points of contact

### Self in Relation to World

- Held accountable for consequences of actions
- Word view shifts to include variable equity/equality
- External safety gives way to internal confidence
- Debate, Discussion, Dialogue differences explored
- Setbacks viewed as learning opportunities rather than failures
- Problem solving taught to be creative and rewarding
- Awareness, expression and negotiation of needs modelled
- Judgments understood to be superficial and reflective of own projections
- Unconditional positive regard offered