



TALKING POINTS



Ep.10: The Role Empathy Plays in Creating Our Best Life

I invite you to take a closer look at how empathy plays an important role in creating your best, most fulfilling life. Answer the following questions for yourself only or discuss them with friends and family.

The Buddha said, “The poison you give to others is the poison you give to yourself.” Describe what this means to you.

Spiritual psychotherapist, Steve Hasenberg said, “Sympathy is more in the head, while empathy is more in the heart.” Describe an instance where you felt empathy for someone.

List what feelings arose from your having empathy.

Steve said, “To grow empathy for others, first become a good friend to yourself.” List the ways you are a good friend to yourself.

Watch Dr. Brené Brown’s Ted Talk on Vulnerability

