

Empathy vs. Sympathy

You may be wondering, “What’s the difference between empathy and sympathy?”

Empathy is when you feel someone’s emotions or understand how they feel because you’ve put yourself in their shoes. **Sympathy** is when you care that someone is in a difficult situation and offer comfort, but you don’t necessarily feel anything about it yourself.

For example, if your friend loses her iPad and you feel really sad along with her... that’s empathy. If your friend lost her iPad and you tell her “Wow, that’s a bummer,” but you don’t feel bad yourself, that’s showing sympathy.

With empathy, you have a more personal understanding or share their emotions. With sympathy you are offering comfort though you aren’t personally feeling emotion along with them.

Talk about how to show empathy.

When someone is ...

Angry	Frustrated	Sick
Anxious	Hurt	Scared
Confused	Lonely	A Winner
Disappointed	Proud	Undecided
Embarrassed	Sad	

.... I show empathy by

Finish with this prayer: [“The Blessing” by GDLC Worship Band](#) (linked to YouTube)

The Lord bless you and keep you
and make his face shine upon you.
and be gracious to you.
The Lord turn his face toward you
and give you peace.
Amen.