A Framework for Empathy
Julianna Breit, Merlin CCC, December 2022

I. What is empathy?
An enhanced perception of my relationship to someone else

<table>
<thead>
<tr>
<th>Empathetic Receptivity</th>
<th>Empathetic Understanding</th>
<th>Empathetic Interpretation</th>
<th>Empathetic Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Stimuli)</td>
<td>(Disposition)</td>
<td>(Processing)</td>
<td>(Closure)</td>
</tr>
</tbody>
</table>

II. What roles do I have in an empathetic encounter?
1. What was I doing during my last empathetic encounter?
2. What role did the environment play?
3. Did I experience a “call to action?”
4. What happened after the intervention?

Key Distinction: What part of this interaction is empathetic?, not “Is this encounter empathetic?”

Empathy’s Gifts
★ “Possibility of relatedness” with 1st, 2nd, and 3rd-person perspectives
★ Expansion of Respect
III. When I seek an empathetic encounter, what am I looking for?

- Problem solving.
- Intervening.
- Reframing.
- Processing.
- Just a hug.

- Alternate perspective-taking.
- Forgiveness.
- Advice.
- Something else?

“There is always a language before language, which is perception.”
Merleau-Ponty