

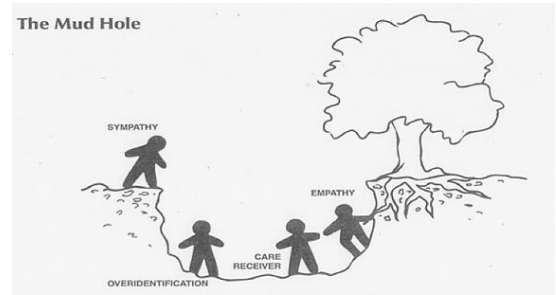
## 6 Empathy Misses

Brené Brown, *Dare to Lead*

[www.brenebrown.com](http://www.brenebrown.com)

### 1. Sympathy vs Empathy: Mud Hole Image

- Sympathy is “I feel so sorry for you”
  - Drives disconnection
  - *It is like if person in trouble is in a hole, and you are standing above looking down saying “that must suck”.*
- Empathy, “I get it, me too, I understand, I’ve been there;” feeling the pain *with* the person
  - Fuels connection
  - Maintaining clear lines about what belongs to whom
  - *It is climbing in the hole with that person but making sure you have a way out.*
  - Overidentification, *is climbing into the hole and not being able to get out.*



<https://www.blog.healthforamerica.org/single-post/2016/11/10/Sympathy-vs-Empathy-HFA-Stroke-Simulation>

### 2. The Gasp & Awe



<https://www.marketwatch.com/story/vanguard-to-launch-a-suite-ofgaspactive-etfs-2017-11-28>

- Gasp – in judgement
- Awe, you feel for them and try and make them feel better

### 3. The Mighty Fall



<http://www.quickmeme.com/p/3vypvf>

- They say how much you let them down, this is a drive for perfectionism.
- Validates the feeling of not being good enough.

### 4. The Block and Tackle



- Refuse to sit in discomfort, they choose judgement

### 5. Boots and Shovel



<https://imgur.com/>

- Refuse to acknowledge the struggle, hustling you to make you feel better. Missing it!

### 6. If you think that is Bad



<https://www.verywellmind.com/cognitive-and-emotional-empathy-4582389>

- 1 Up, they have a better story