

Benainu: Derech Eretz and Empathy



Defining Derech Eretz

A core value that guides us, but what does it mean?

- Thoughtful conduct
- Conducting yourself around others in ways that show respect for yourself and everyone else.

3 major components:

1. Verbal- what you say and how you say it
2. Physical/Behavioral- what you do (actions), body language, personal space.
3. Emotional- how you express feelings

Defining Empathy

- Sympathy: feeling of concern for others
VS.
- Empathy: understanding and sharing another's feelings and acting accordingly

Guidelines for Empathy

1. *Predicting* how other might feel
2. Taking someone else's *perspective*
3. *Accepting* differences
4. Respectful vs. disrespectful ways of disagreeing
5. Respond with *compassion*

How Can I Be Empathetic?

Ask yourself:

- How do they feel?
- What is their point of view?
- How can I help?
- What is a compassionate thing to say?