



This picture speaks of empathy. Empathy is an important part of emotional intelligence. It helps us put ourselves in another's shoes to feel what they're feeling and respond accordingly. The video from this week's lesson clearly showed how we need to be not just assertive, but empathic. We need to be "sensitive to the needs, opinions, and feelings of other people." Empathy helps us take others' feelings into account when making decisions. Empathy was also mentioned in the McClean reading, noting that it "involves your ability to understand others' words and expressions, their situation and emotional state, and taking an active interest in their concerns." And, although I don't recall reading the exact word "empathy", it is what Chapman refers to consistently in her writing about mindfulness. We need to be able to see things from the other person's point of view, and take that into consideration as we act.

["Overview of Four Styles of Communication,"](#) by Roger Allen

1.8 "Emotional Intelligence", McClean

"Gentleness" from *the Five Keys to Mindful Communication* by Susan Gills Chapman