



Women's empowerment against sexist harassment in public space
Project N° 2022-1-LT01-KA220-ADU-000086398



Active Listening

Listening with Empathy





Introduction

The FPS project is committed to fostering learning and cultivating attitudes that promote inclusion and respect for diversity. By actively challenging gender stereotypes, we support individuals in acquiring fundamental skills aimed at eliminating discrimination, inequality, and exclusion experienced by women in the EU due to entrenched gender roles and stereotypes.



Key Objectives

- 1. Empowerment:** Strengthening individuals' sense of empowerment to assert themselves in various situations.
- 2. Coping Mechanisms:** Equipping participants with effective coping strategies to navigate instances of male harassment in public spaces.
- 3. Challenging Gender Stereotypes:** Working against gender stereotypes to eliminate discrimination, inequality, and exclusion faced by women in the EU.
- 4. Skill Development:** Supporting individuals in acquiring and developing essential skills to combat gender-based discrimination.



PUHU Research & Consultancy



- A research and education organization operating in the field of Social Innovation. With a bottom-up and participatory approach, we conduct activities in research, education, and reporting to identify the needs of target communities and align proposed solutions with these needs.
- We specialize in designing projects from idea to implementation for EU-supported projects, focusing on areas such as Youth, Migration, Education, and Neurodiversity to develop solution proposals for social issues.
- Utilizing Qualitative Research Methods such as Ethnographic Observation and Listening, Coaching, Philosophy with Children (P4C), and Philosophical Counseling, we create supportive theoretical content and design educational



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01

Introduction

What is Empathy?



Empathy



- Empathy originates from the German word "Einfühlung" (feeling into), coined by Theodor Lipps and translated into English as empathy by psychologist Titchener.
- It is the act of **understanding another person's experience by mentally placing oneself in their situation.**
- Empathy involves comprehending the other person's feelings and thoughts as if they were one's own, while still maintaining a distinction between self and other.



Empathy



- Empathy is a **dynamic** and **complex** concept studied across various disciplines such as cognitive science, psychology, philosophy, and medicine.
- It requires **cognitive** and **emotional** processing to truly grasp and connect with another person's feelings and experiences.
- Understanding empathy helps in fostering deeper interpersonal connections and promoting empathy-driven behaviors in social interactions.



Empathy



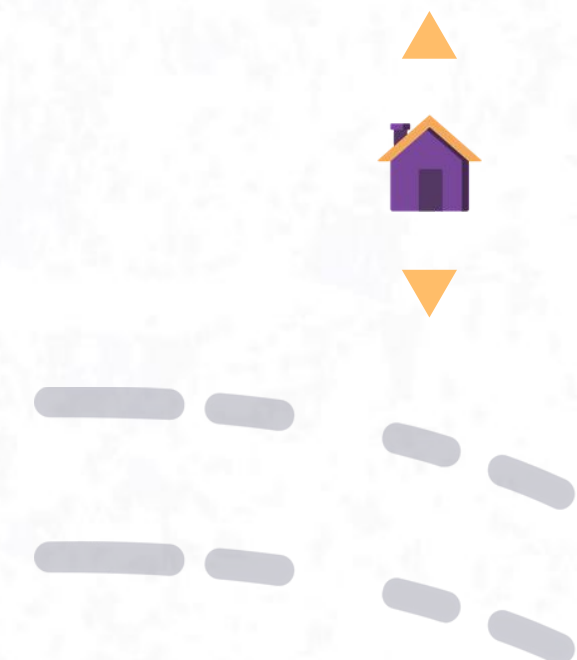
- Clarifying the distinction between empathy and related terms like sympathy, compassion, and pity is essential to avoid semantic confusion.
- By defining empathy accurately, we enhance our ability to engage in empathetic listening and communication, leading to more meaningful interactions and relationships.





02

**Empathy
vs
Sympathy**



Distinguishing Empathy from Sympathy:



- Empathy is often confused with sympathy, compassion, or pity in everyday language.
- Sympathy involves feeling **compassion** or **sorrow** for someone's hardships but doesn't necessarily entail understanding their experience as if it were one's own.
- Empathy goes beyond sympathy by actively imagining oneself in the other person's position, and gaining a deeper understanding of their emotions and perspective.



Distinguishing Empathy from Sympathy:



- The term "sympathy" originates from the Greek words sym- (together) and pathos (feeling/emotion), indicating "sharing the feelings of others."
- On the other hand, "empathy" involves understanding "how others may feel or think" ("What's the difference between 'sympathy' and 'empathy'?", 2019).
- In essence, sympathy revolves around shared feelings, whereas empathy focuses on comprehension. Here's how an empathic approach differs from a sympathetic one:





Empathic Approach



- Involves active listening
- Seeks to understand the perspective of another
- Combines emotional and cognitive empathy
- Demonstrates cultural or conditional awareness
- Aims to generate solutions
- Helps prevent burnout or secondary traumatization





Sympathetic Approach



- Listens with a narrow perspective
- Uses a 'self-oriented' viewpoint
- Feels pity or sorrow for another person
- Makes judgments without full understanding
- Carries a risk of secondary traumatization



03

Empathetic Listening



Types of Listening



Empathetic Listening

- Empathetic listening involves **understanding** and **experiencing** a speaker's thoughts or feelings, distinct from sympathy which is more self-oriented.
- It's crucial for maintaining relationships and fostering dialogue
- Empathetic listening requires genuine openness and a commitment to civility, allowing individuals to empathize while still advocating for their own beliefs.





Empathetic Listening



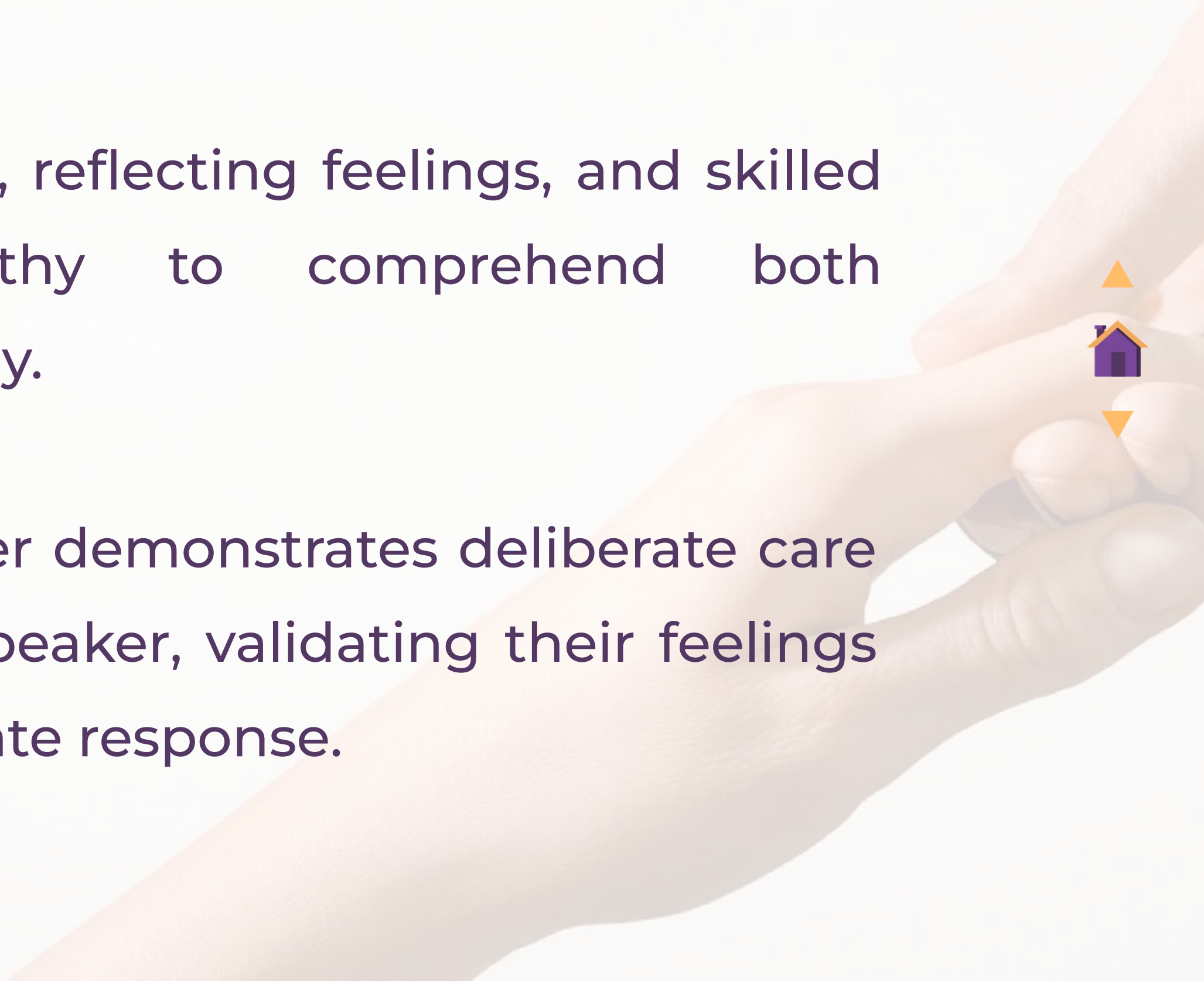
- Empathetic listening encompasses active listening with a deeper level of engagement.
- It involves a sincere desire to fully understand the other person and their emotions.
- Empathetic listening requires setting aside personal opinions and experiences to focus on the speaker's narrative.



Empathetic Listening



- It combines active listening, reflecting feelings, and skilled questioning with empathy to comprehend both intellectually and emotionally.
- Being an empathetic listener demonstrates deliberate care and concern towards the speaker, validating their feelings and enabling a compassionate response.





04 How to Listen Emphatically?



Tips to craft listening



Tips

1. Begin conversations with a clear mind, minimizing distractions such as phones or background noise.
2. Practice mindfulness to quiet any intrusive thoughts that could hinder your ability to listen attentively.
3. Allocate dedicated time to engage in meaningful conversations with friends, family, or colleagues to address concerns or express emotions.
4. Establish a comfortable and secure environment for open dialogue.
5. Listen not only with your ears but also with your heart, devoid of judgment.





Tips

6. Avoid interrupting or prematurely concluding the speaker's sentences.
7. Utilize appropriate nonverbal cues like nodding to convey understanding.
8. Allow the speaker to lead the conversation, respecting pauses or moments of reflection.
9. Wait for your turn to contribute and adopt an encouraging tone when speaking.
10. Reflect on the speaker's feelings or statements to ensure comprehension.





Tips

11. Serve as a supportive sounding board for the speaker's thoughts.

12. Offer verbal affirmations like "uh huh" to acknowledge the speaker's voice.

13. Pose open-ended questions to delve deeper into their emotions or perspectives.

14. Validate the other person's feelings, even if your response would differ in the same situation.

15. Refrain from offering unsolicited advice unless explicitly requested.





Tips

16. Use compassionate language and phrases (examples provided below).

17. Empathize by considering the speaker's emotions and attempting to understand their viewpoint.



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