

Empathy Distress Reflection

Feeling another's pain or sadness results in our own brain mirroring the difficult emotion they are experiencing. This results in empathetic distress. It is a situation that empath's often find themselves in, as it happens as an automatic response in them – sometimes to the extent that the individual cannot tell their own emotional experience from the person they are picking up on.

Developing compassion stops us becoming overwhelmed by negative feelings we may register as a result of empathy, replacing them with positive ones, including the development of a desire to assist. To do this we need to transform any potentially negative energy into positive through developing compassion and fostering feelings of connection and care.

Seven Steps of easing “Empathy Distress” with Compassion.

1. Sit quietly and breathe easily.
2. Ground yourself in the present moment by focusing on and following the breath.
3. Recall someone in your life who is facing a difficult time.
 - Allow yourself to connect with this person, create an image of them and their situation in your mind's eye.
 - Imagine yourself experiencing this person's suffering and pain
 - Explore feelings of empathy for this person and notice any tension that arises in your body.
4. Ask yourself the question: ‘what is causing my pain?’ (Most likely it is because you care about them)
5. Now, allow yourself to go deeper than feeling concern and sorrow, for this person. Bring forth a feeling that you have a need to help this person in their current plight.
6. Ask yourself, what would you say to this person? What words of care and concern could you express. Imagine yourself doing this.
7. Allow yourself to send energy of support, love and healing to this person from your heart to their heart. Imagine this person receiving this supportive energy to help them currently
8. When you feel you are complete. Open your eyes and write down what you experienced, along with any action that came to you from this position of compassion that you may take, to help this person or ease their difficulty.