

# THE EMPATHY SQUEEZE





SOMETIMES WE CAN BE TOO NICE AND END UP OVEREXTENDING OURSELVES. IT CAN BE HELPFUL TO THINK ABOUT WHY WE MIGHT SAY YES WHEN WE REALLY MEAN NO. THEN WE CAN PRACTICE CHOICE.

## EMPATHY



EMPATHY AND THE DESIRE TO HELP OTHERS CAN COME FROM A PLACE OF BEING A GOOD PERSON. BE MINDFUL OF YOUR RESOURCES, AS THE CLICHE SAYS, YOU CAN'T POUR FROM AN EMPTY CUP. ARE YOU GETTING SOAKED SQUEEZING TOO MANY UNDER YOUR UMBRELLA?

## ALTRUISM



GUILT IS THE FEELING WHERE WE'VE NOT MET A SET OF INTERNALISED STANDARDS. THESE STANDARDS CAN BE INFLUENCED AND ACTIVATED BY OTHERS (GUILT TRIP ANYONE?). GUILT GIVES THE KEY TO YOUR FREEDOM TO OTHERS.

## GUILT



CHECKING OUR PRIVILEGE CAN LEAD TO FEELING DISCOMFORT, EMBARRASSMENT OR UNWORTHINESS. BY EMPATHISING WITH OTHERS, WE CAN REASSURE OURSELVES THAT WE'RE NOT BAD. PHEW! ACCEPTING LIFE ISN'T FAIR AND TRANSFORMING VALUES INTO ACTION MAY HOWEVER BE MORE CONSTRUCTIVE.

## RELIEF



EMPATHISING EVEN WITHOUT ANY ACTION MAKES US FEEL GOOD. THAT'S WHY WE SEE VIRTUE SIGNALLING - IT'S EASY AND LOW EFFORT. PEOPLE THINK WE'RE GREAT. IT IS HOWEVER, A FRAGILE BASIS FOR SELF-ESTEEM.

## REWARD



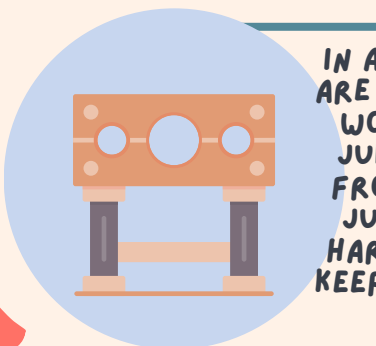
FEELING A SENSE OF SATISFACTION IN OFFERING EMPATHY TO OTHERS IS NOT INHERENTLY WRONG. WE KNOW EMPATHY MAKES US FEEL GOOD AND MORE POSITIVE. IF IT IS YOUR SOLE SOURCE OF POSITIVE EMOTION ISN'T GREAT AND CAN LEAD TO BURNOUT.

## SATISFACTION



OBLIGATIONS ORIGINATE FROM THE WORLD AROUND US - PARENTS, SCHOOL, CHURCH. A SET OF RULES FOR BEHAVIOUR CAN CREATE OBLIGATION, FOR INSTANCE 'HONOUR THY FATHER AND THY MOTHER'. BREAKING THOSE RULES CAN THEN CREATE DISTRESS.

## OBLIGATION



IN AN AGE OF SOCIAL MEDIA, WE ARE VULNERABLE TO THE WHOLE WORLD JUDGING US. WE FEAR JUDGEMENT CLOSER TO HOME FROM LOVED ONES. OFTEN, WE JUDGE OURSELVES THE MOST HARSHLY. FEAR OF JUDGEMENT KEEPS US TRAPPED IN BEING THE BEST, KINDEST, NICEST.

## JUDGEMENT