

# 10 TOP TIPS

## 10 WAYS TO INCREASE YOUR EMPATHY

Choosing empathy is the decision and ability to lean in and identify with the difficulty of another, to understand, be sensitive towards and share the plight of others. *There is something we can all do.*

- 1 Read more and read more widely. Diversify your reading lists and the people you learn from.
- 2 Follow people you don't agree with, it helps you to understand how people think and what they believe. (But don't fight on social media with them!)
- 3 Find common ground with people. Something you can agree on, or have in common, and use that as a starting point for relationship.
- 4 Remember that people are not the problem. Fight an issue not a person.
- 5 Stay humble. Be willing to learn from others and don't be too proud to change your mind.
- 6 Be slow to speak and quick to listen. Take time to listen when people share their perspectives rather than just waiting to jump in with your opinion and perspective.
- 7 Ask more (and better) questions. Asking thoughtful questions helps you develop a stronger understanding of another person and their situation.
- 8 Make it about the one. Listen to individual stories rather than just thinking in numbers or percentages.
- 9 Make friends across "party lines" with people that think differently to you.
- 10 Pray. Prayer changes our hearts which is the most important starting point.



We have a great Catalogue that we've put together that features films, documentaries, podcasts and books that may help you engage with issues in our world and may be of interest to you. Find it [HERE](#).