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## Respect and empathy are crucial factors

**Respect** for all is really very important, whoever we are talking to and in all our conversations. Taking over is not respectful, nor is giving unsolicited advice.

Respect means that you accept somebody for who they are, even when they're different from you or you don't agree with them. Respect in your relationships builds feelings of trust, safety, and well-being. Respect shows that we have boundaries.

When you are respectful, it is more likely that someone will trust you enough to share a problem with you and value your support in dealing with it which in turn will give that person confidence to deal with problems in the future.

When someone experiences respect then they are no longer concerned with their issues anymore because they can trust other people that it will all **work out**. This feeling of **security** and having a positive outlook on life is what helps people be more optimistic about everything in life.

If someone does not respect other people's opinions then they will never be able to **learn** how their own **opinion** looks like through the **eyes** of others. The more open-minded a person becomes, the easier life is as a whole as well as understanding what matters most when making decisions about anything.

**Empathy** is listening with our head and our heart. It means taking people's needs and concerns seriously, valuing their feelings and respecting their privacy. Empathy requires considerable effort to understand someone and their situation as THEY see it.

Empathy is important because it helps us understand how others are feeling so we can respond appropriately to the situation.

Former President Barack Obama has said, "**The biggest deficit that we have in our society and in the world right now is an empathy deficit. We are in great need of people being able to stand in somebody else's shoes and see the world through their eyes.**"

Empathy from a global perspective is infinitely important, especially when it leads to compassion. This type of empathy pushes people to dive in and help when there are major disasters. People are willing to help out others that they have never met because they know that they too would need help if things were reversed.

Without compassionate empathy, the world would be a much darker and less functional place to live.

Listening to others is a very good way of developing empathy. When we take the time to listen to the things that other people are telling us it is an easy way of understanding how they think and feel.

It's important to take the time to understand people who are different. To expand empathy, a person might have to challenge pre-conceived notions and biases and consider another person's point of view.

This can also be achieved by people widening their circle and becoming friends with people they might not ordinarily spend time with. They may be surprised to find that they have more in common than they first believed, and it is even more likely that they will broaden their ability for empathy.

Helen Smallwood

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