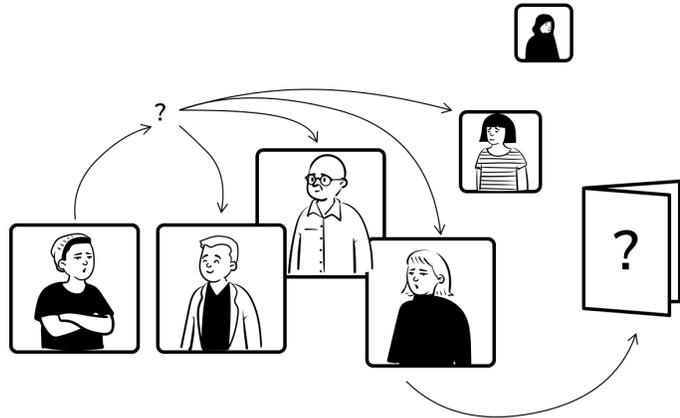


# Empathy Talks Glossary



<p><b>What is an Empathy Talk?</b></p>	<p>Empathy Talks are a pathway to creating micro-moments of connection and reflection on sticky issues of community concern. They offer ways to feel heard and seen each other, be more reflective, and change perspectives on issues impacting our livelihoods and futures. By bringing together diverse voices in the field Empathy Talks also aim to build capability and practices leading to system transformation. Read more at <a href="https://empathytalks.com">empathytalks.com</a></p>
<p><b>Action (n)</b></p>	<p>The process of doing something, especially in order to stop a bad situation from developing or continuing.</p>
<p><b>Assumptions (n)</b></p>	<p>Something that you accept as true without question or proof.</p>
<p><b>Beliefs</b></p>	<p>The feeling of being certain that something exists or is true.</p>
<p><b>Compassion (n)</b></p>	<p>Empathy is a gateway to compassion. Compassion is feeling what a person is feeling, holding it, accepting it, and taking some kind of action.</p>
<p><b>Empathy (n)</b></p>	<p>A rather new term to the English language, created 1909 by Edward Tichner to translate the German word "Einfühlung" or to "feel into". Empathy is a term we use for the ability to understand other people's feelings as if we were having them ourselves.</p>

<b>Facilitator</b> (n)	A person that makes a process easier. Here, someone familiar with the process who introduces the topic, the participants and the topics. The facilitator is also supervising that the Empathy Talks are conducted in a safe space, ensuring the psychological safety of all participants. Hence the facilitator also oversees the code of conduct, making sure that participants stay out of judgement, recognise emotion in other people and communicate that in a non-violent way.
<b>Feeling</b> (n)	An emotional state or reaction. An example of a feeling experienced through emotion is sadness.
<b>Framing</b> (n/v)	Refers to explicitly stating what the purpose is for the present occasion, what the dilemma is that you are trying to resolve, what assumptions you think are shared or not shared (but need to be tested out loud to be sure).
<b>Inquiring</b> (v)	Involves questioning others, in order to learn something from them.
<b>Listeners</b> (n)	Are alert, attentive and engaged. They listen with respect. As a good listener, your role is to build upon what has been said and then contribute in a way that moves the conversation forward. Here they are passive and only share their reflections and express a clear need and action at the end of the reflection towards the speaker.
<b>(Moralistic) Judgements</b> (n)	Implying wrongness or badness on the part of people who don't act in harmony with our values. Blame, insults, put-downs, labels, criticisms, comparisons, and diagnoses are all said to be forms of judgment.
<b>Need</b> (n)	Circumstances in which something is necessary. Five basic needs built into our genetic structure have been identified as survival, belonging, power, freedom, and fun (Glasser, 1998)
<b>Non-Violent-Communication (NVC)</b> (n)	NVC is an approach to nonviolent living developed by Marshall Rosenberg beginning in the 1960s. NVC is taught as a process of interpersonal communication designed to improve compassionate connection to others.
<b>Observation</b> (n)	Observation is the active acquisition of information from a primary source. In living beings, observation employs the senses. A statement based on something one has seen, heard, or noticed.
<b>Perspective taking</b> (v)	The ability to look beyond your own point of view, to consider how someone else is thinking or feeling about something.
<b>Relationship</b> (n)	The way in which two things are connected. Derives from the latin "relatio" which means "to tell".

<b>Sense</b> (n)	A faculty by which the body perceives an external stimulus; one of the faculties of sight, smell, hearing, taste, and touch; a feeling that something is the case. (v): to sense; perceive by a sense or senses.
<b>Speaker</b> (n)	A Speaker is someone from the community who wishes to express their feelings and needs around a specific topic and has felt unheard before. The speaker also listens attentively, yet in an observing position, to the reflections by the listeners and receives their feedback, and in turn expresses a need and an action.
<b>Sympathy</b> (n)	Refers to the ability to take part in someone else's feelings, mostly by feeling sorrowful about their misfortune. Sympathy is a gateway to empathy.
<b>Talk</b> (v)	Speak in order to give information or express ideas or feelings.
<b>Theory of mind</b> (n)	The ability to attribute mental state to the persons we are interacting with and to oneself
<b>Values</b> (n)	The principles that help you to decide what is right and wrong, and how to act in various situations.
<b>Voices from the field</b> (n)	Experiences (and lessons) learned from those implementing intensive interventions. Here especially experienced feelings and needs, on the ground.
<b>Want/Request</b> (n)	Want/Request is defined as the act of asking for something or something you asked for. An example of request is the song someone asked a band to play.