



ALLARD SCHOOL OF LAW

THE LENS OF  
EMPATHY AND  
COMPASSION

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*The Student Wellbeing Program*



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# EMPATHY

Understanding the other person's situation and feelings, and is crucial to trust, cooperation, openness, and mutual understanding.

# EMPATHY VS SYMPATHY

Expressing sympathy can leave a person feeling that people have taken pity on them, or are feeling sorry for them, which can create a sense of condescension. Empathy empowers and positions everyone together.

# COMPASSION

When empathic feelings and thoughts include the desire to help.

# WATCH BRENÉ BROWN EXPLAIN EMPATHY



<https://www.youtube.com/watch?v=1Evwgu369Jw>



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THE GOAL OF  
ASSISTING NOT  
ENABLING

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# ASSISTING

To give aid or help. To be present. To empower an individual to want to help themselves.

# ENABLING

When a person is intending to help resolve an issue but instead helps continue the issue. Take away someone's empowerment by fixing the issue for them.