



LA EMPATÍA

**Marjorie
katherine
yahuarcani
shapiama**

Introduction

Empathy is a fundamental emotional skill in human interaction. It refers to the ability to understand and share the feelings of others. This quality is essential for building healthy relationships and creating a more respectful and supportive society.

Types of Empathy

There are different types of empathy:

Cognitive empathy: understanding what another person is thinking or feeling.

Emotional empathy: feeling what the other person feels, sharing their emotions.

Compassionate empathy: not only understanding and feeling, but also acting to help.

Importance of Empathy

Empathy is important because, It improves communication and interpersonal relationships.

It helps resolve conflicts peacefully, It encourages solidarity and teamwork, It contributes to better coexistence at school, work, and in the community.

How to Develop Empathy

Listen carefully to others.

6

Avoid judging or criticizing quickly.

Put yourself in someone else's shoes.

Show genuine interest in how others feel.

Always be kind and respectful.

Conclusion

Empathy is a powerful tool to improve our relationships and build a fairer and more humane society. Developing and practicing it every day makes us better people and more responsible citizens.

