**Quotes on Empathy**

Could a greater miracle take place than for us to look through each other’s eyes for an instant? —Henry David Thoreau

Empathy and social skills are social intelligence, the interpersonal part of emotional intelligence. That’s why they look alike. A prerequisite to empathy is simply paying attention to the person in pain. —Daniel Goleman

Empathy begins with understanding life from another person’s perspective. Nobody has an objective experience of reality. It’s all through our own individual prisms. —Sterling K. Brown

Empathy is born out of the old biblical injunction “Love thy neighbor as thyself.” —George McGovern

We must broaden the definition of who our neighbors are, and extend the boundaries of our interest and empathy. —Wendy Kopp

I would go to the deeps a hundred times to cheer a downcast spirit. It is good for me to have been afflicted, that I might know how to speak a word in season to one that is weary.—Charles Spurgeon

The deepest principle in human nature is the craving to be appreciated. —William James

Kind words do not cost much … yet they accomplish much. —Blaise Pascal

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an

honest compliment, or the smallest act of caring, all of which have the potential to turn a

life around. —Leo Buscaglia

For one day, try to say as little as possible. Try to keep the focus away from yourself. Where

you’re tempted to tell a story, ask a question. Where you’re tempted to say, “Oh, that same

thing happened to me...,” ask, “How did that make you feel?” … At the end of the day,

make a list of everything that you learned. How much would you have missed if you had

spent the time talking about yourself?—Linda Kaplan Thaler and Robin Koval