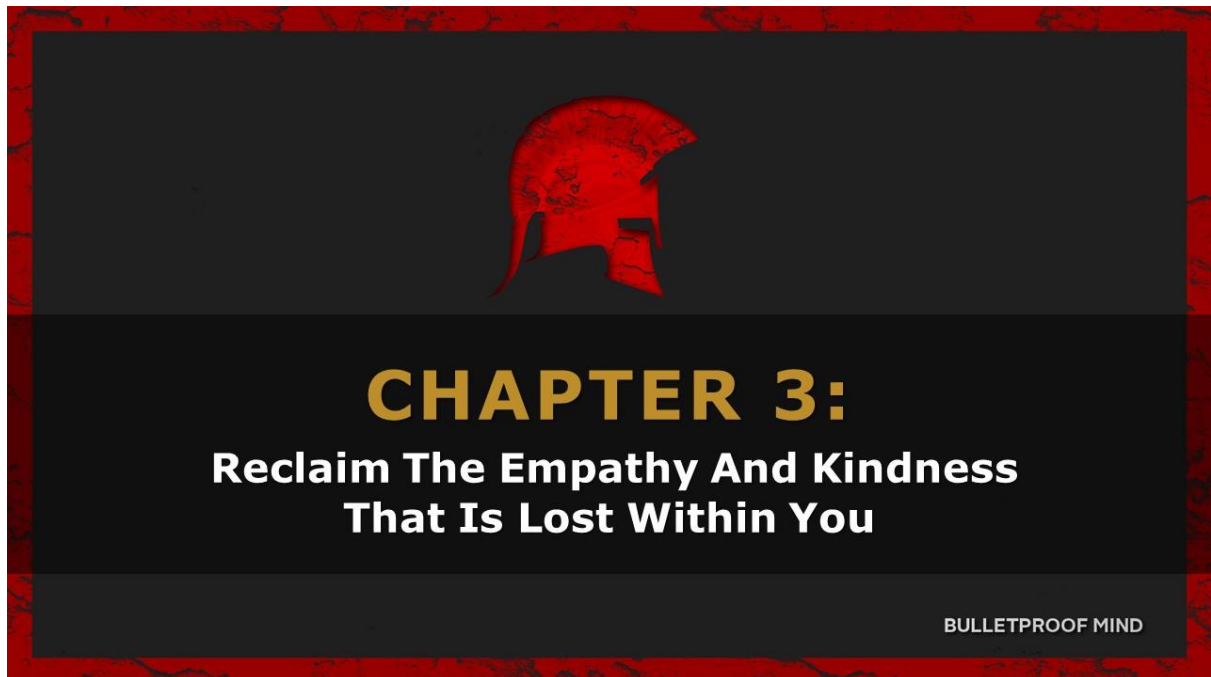
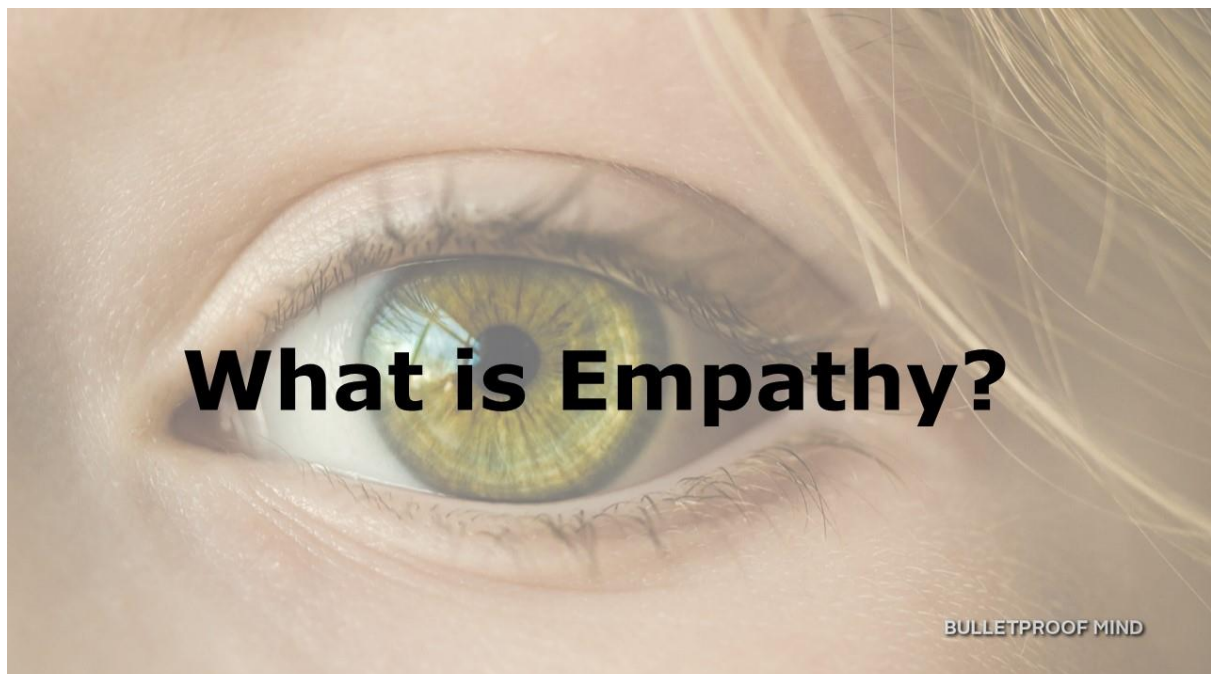


3-0 Reclaim The Empathy And Kindness That Is Lost Within You



S1: In this part of the video, let's look into getting back the empathy and kindness lost within you.



S2: Now, what is empathy? Empathy is the ability to see through someone else's eyes. You know how the person is feeling, how they see the world, can

feel their emotions, and so forth. It's not to be confused with sympathy, which is what you wish on someone who suffers misfortune.



S3: Empathy just feels good to have when you want a rich life. Not only does it feel nice to respect people, but you'll get experiences out of it that help you grow.



S4 : Being more empathetic can also make you let go of your past. By seeing it

through the other side, you may feel less hatred for who you think are your enemies, be it your ex, your boss, your parents, or so on. You can spend your time being positive instead of spending it hating others.



S5: Being empathetic can also make you a better leader. For example, if you're a boss, you can empathize with your employees and treat them right. This doesn't mean that you let them walk all over you, but mean that you can improve their morale by not seeing them as another cog. A good leader will motivate their employees, while a bad leader will make the good employees flee the company while the others lose all motivation.



S6: So, with all that in mind - how does one bring out their humane side ?



S7: If you're not a naturally empathetic person, it may be a bit difficult to learn empathy, but not impossible. Think of someone who you haven't talked to. It can be a coworker, someone who rides on the bus, or just your neighbor. Try talking to them, if they're willing to chat, get into a deep conversation to learn about their struggles and wishes.

A photograph of two men clinking glasses in a toast. The man on the left is wearing a light blue and white striped shirt. The man on the right is wearing a white shirt. They are both holding glasses filled with a light-colored liquid. The background is blurred, suggesting an indoor setting like a bar or restaurant.

Meet up with someone you don't get along with.

BULLETPROOF MIND

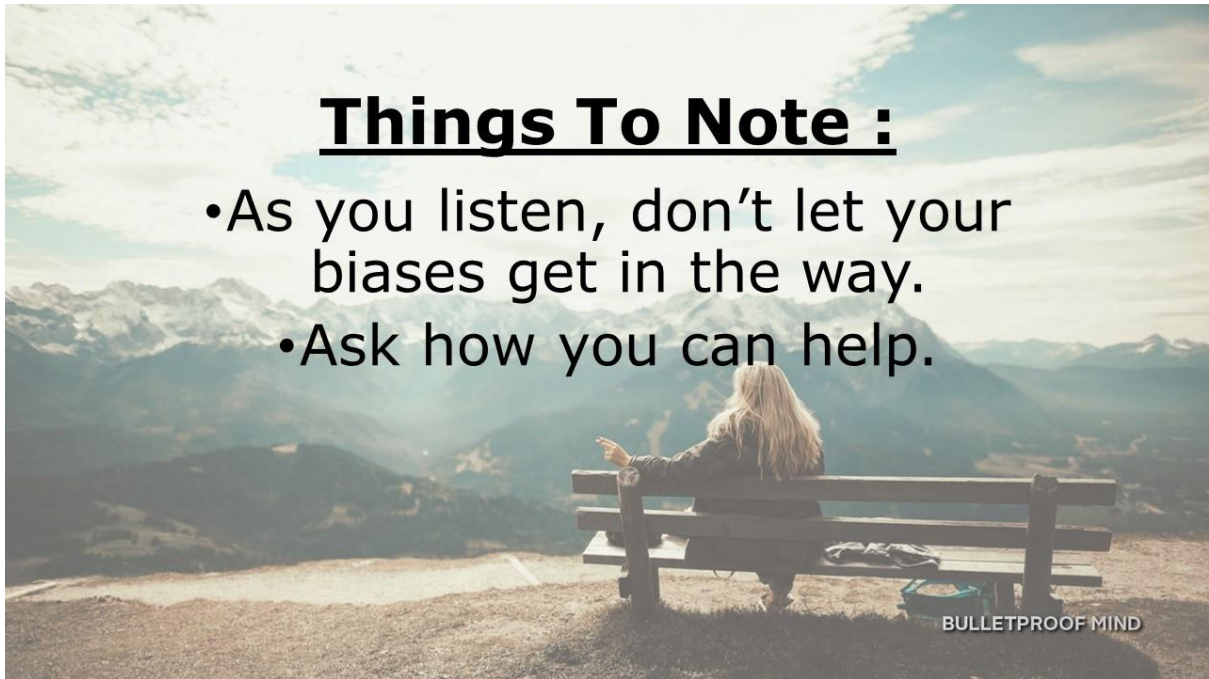
S8: Also, schedule a get together with someone whom you don't seem to get along well with, and don't jump the gun by making an assumption. Have a deep quality conversation with that person.

A photograph of two men clinking glasses in a toast. The man on the left is wearing a light blue and white striped shirt. The man on the right is wearing a white shirt. They are both holding glasses filled with a light-colored liquid. The background is blurred, suggesting an indoor setting like a bar or restaurant.

Understand what stems the relationship animosity.

BULLETPROOF MIND

S9: Question yourself, how did the relationship become so bad? What causes it? Instead of avoiding and ignoring, try to understand what stems the relationship animosity. Avoid getting into a huge argument with whomever you are discussing with.

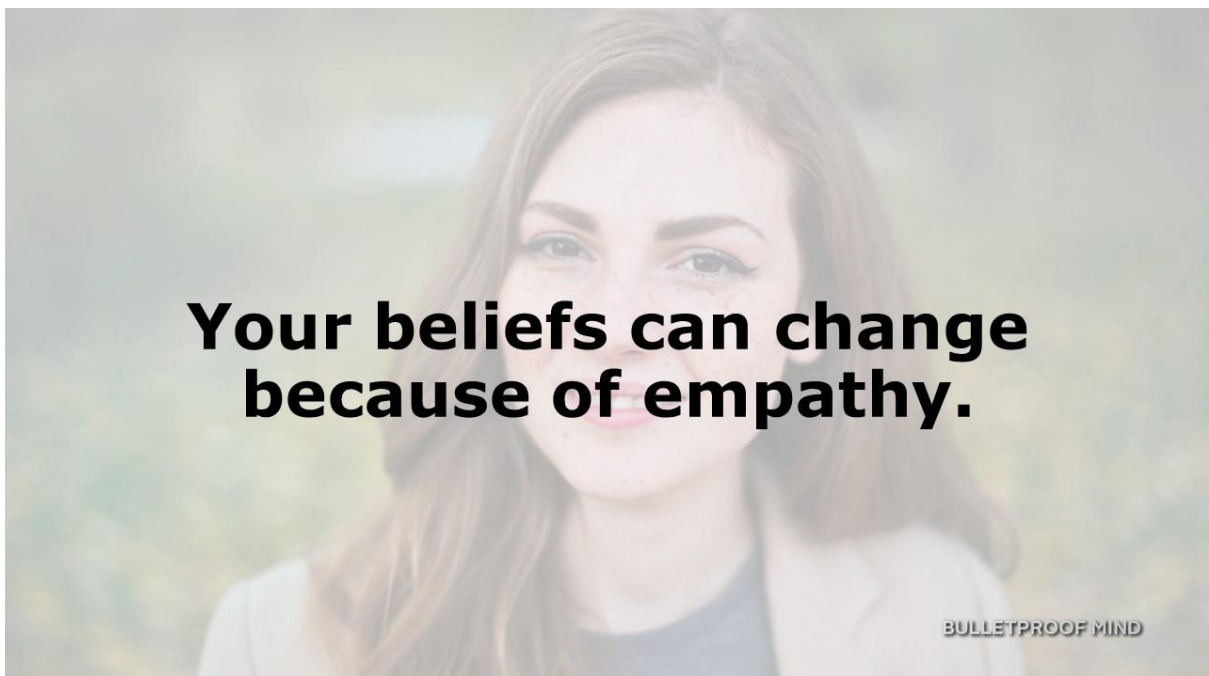


Things To Note :

- As you listen, don't let your biases get in the way.
- Ask how you can help.

S10: Things to note however:

As you listen, don't let your biases get in the way. Think about the situation through their point of view, and ask what should be done to help.



**Your beliefs can change
because of empathy.**

S11: Your beliefs can change because of empathy. Overtime, you may find yourself questioning your own principles due to empathy. If you screw someone over for your gain, you may feel sorry for them and try to help.

Sometimes, you have to be a little cutthroat to succeed, but that doesn't mean you have to be cruel, or not help out your coworkers.



S12: Now, go on ahead and reignite that spark of empathy and kindness within you and you'll be well on your way towards a bulletproof mind.