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Empathy is not relating to an experience, it's connecting to what someone is feeling about an experience. --Brene Brown

The Practice of Story Stewardship

"I'm going to start by acknowledging that I've been wrong about something for years. For two decades, I've said, "We need to understand emotion so we can recognize it in ourselves and others." Without exaggeration, I've said this thousands of times, and I've heard it from other researchers at least that much. Well, let me go on the record right now: I no longer believe that we can recognize emotion in other people, regardless of how well we understand human emotion and experience or how much language we have. Why have I stopped believing that we can recognize emotion in other people? Two reasons..." Brene Brown shares more in this thoughtful post.

Be The Change:

More from Brene Brown in this piece, "The Physics of Vulnerability."