

# **Empathy and Relationships**

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# Contents

|   |           |
|---|-----------|
| <b>Introduction</b>                                     | <b>6</b>  |
| <b>I. The Problem</b>                                   | <b>7</b>  |
| <b>1. Psychological Problems</b>                        | <b>8</b>  |
| 1.1. Psychological Pathology . . . . .                  | 26        |
| 1.2. Living with Pathology . . . . .                    | 31        |
| 1.3. Further problems . . . . .                         | 32        |
| 1.4. What empathy isn't and what doesn't work . . . . . | 73        |
| 1.5. A movie analogy . . . . .                          | 75        |
| 1.6. Further thoughts . . . . .                         | 78        |
| 1.7. Starting to Define . . . . .                       | 85        |
| <b>II. Background Knowledge</b>                         | <b>90</b> |
| <b>2. Introduction to Part II</b>                       | <b>91</b> |
| <b>3. Thoughts, Emotions and Sensations</b>             | <b>94</b> |
| 3.1. Thoughts . . . . .                                 | 94        |
| 3.1.1. Human Thoughts . . . . .                         | 94        |
| 3.1.2. Animal Thoughts . . . . .                        | 94        |
| 3.1.3. Object Thoughts . . . . .                        | 95        |
| 3.1.4. Beliefs . . . . .                                | 96        |
| 3.1.5. Mentalizing . . . . .                            | 97        |
| 3.1.6. Cognitive Biases . . . . .                       | 97        |
| 3.2. Emotions . . . . .                                 | 98        |
| 3.2.1. Human Emotions . . . . .                         | 98        |
| 3.2.2. Animal Emotions . . . . .                        | 98        |
| 3.2.3. Object Emotions . . . . .                        | 98        |
| 3.3. Sensations . . . . .                               | 99        |
| 3.3.1. Human Sensation and Perception . . . . .         | 99        |

## Contents

|   |            |
|---|------------|
| 3.3.2. Animal Sensation and Perception . . . . .                | 102        |
| <b>4. Other Psychological Considerations</b>                    | <b>103</b> |
| 4.1. Projection . . . . .                                       | 103        |
| 4.2. Time . . . . .   | 104        |
| 4.3. Context we are in . . . . .                                | 105        |
| 4.4. Past History . . . . .                                     | 105        |
| 4.5. Stress levels . . . . .                                    | 105        |
| 4.6. Other . . . . .  | 106        |
| <b>5. Measuring the Self and the Other</b>                      | <b>107</b> |
| 5.1. Measuring a Person . . . . .                               | 107        |
| 5.1.1. Personality Traits . . . . .                             | 107        |
| 5.1.2. Major Areas of Life . . . . .                            | 107        |
| 5.1.3. Abstract Concepts . . . . .                              | 108        |
| 5.1.4. Physical Characteristics . . . . .                       | 109        |
| 5.1.5. Physical Needs . . . . .                                 | 111        |
| 5.2. Measuring a Group of People . . . . .                      | 112        |
| 5.3. Measuring an Animal . . . . .                              | 112        |
| 5.4. Measuring a Group of Animals . . . . .                     | 113        |
| 5.5. Measuring an Object . . . . .                              | 113        |
| 5.6. Measuring a Group of Objects . . . . .                     | 114        |
| <b>III. Building Empathy Model Step-by-Step</b>                 | <b>115</b> |
| <b>6. Empathy Levels and Combinations</b>                       | <b>116</b> |
| 6.1. Definitions . . . . .                                      | 116        |
| 6.2. High, Medium and Low Empathy . . . . .                     | 117        |
| 6.3. Combining High, Medium and Low Empathy for Self and Others | 119        |
| 6.4. Full crossover of two persons interacting . . . . .        | 123        |
| 6.5. We empathize with ourselves . . . . .                      | 146        |
| 6.6. List of Empathies . . . . .                                | 149        |
| <b>IV. Applying the Empathy Model</b>                           | <b>153</b> |
| <b>7. Guessing</b>  | <b>154</b> |
| <b>8. Filling Out the Empathy Model</b>                         | <b>156</b> |

*Contents*

|   |            |
|---|------------|
| <b>9. Mature empathy and the symptoms of all personality disorders cannot coexist</b> | <b>157</b> |
| <b>10. Deconstructing social situations</b>   | <b>180</b> |
| <b>11. Materials for practice</b>   | <b>187</b> |
| <b>Bibliography</b>   | <b>189</b> |

# Introduction

This is a book about empathy and relationships. Empathy plays a crucial roll in the relationships that we have. Our relationships come in the form of friendships and marriages. There are the relationships that we have with our community and with the world.

Without empathy we cannot have love or friendship. It is impossible to have these things without the basis of empathy.

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# **Part I.**

## **The Problem**

# 1. Psychological Problems

You probably don't know what empathy is, even though you may think you do. This lack of knowledge and practice is keeping you mentally unwell. If you were born and raised in a Western society, there is a good chance you don't know what empathy is. There is a good chance your empathy muscle is weak, and this lack of tone has kept you lonely and disconnected from the people around you. You most likely suffer from impeded empathy. From working relationships, to family and dating relationships, there is a gap between you and other people around you that you don't know how to overcome.

There are no American or Western institutions that teach empathy.

In the United States there is highly impeded empathy. The U.S. is considered by some to be the most individualistic place on earth. U.S. citizens have the mindset that there is power in the individual. There is a mindset that only personal power is real power, and you can't get power any other way. Citizens are taught to pick themselves up with their own bootstraps, to take personal risks so as to gain personal wealth. We are taught about personal achievement, and to look up to the person that has overcome great odds and became personally successful and powerful and brilliant. We are told to forget about the contributions of others, and to think that we personally can have it all. We create our own lives while out on our own, live and die on our own successes or failures. This leads to us not holding any value in the human connections around us. We don't see others as being a part of our journey, we see others as competition, and as just a group of individuals. We are an individual, and they are an individual, and we are all just individuals living our lives and doing our things. We don't empathize with another person. We are disconnected.

Empathy will cause us to grow our bonds to each other, will cause us to realize that we are more than just an individual, that before us came people that created this world we live in. Before us there were others that created the language that we speak, and put together the political systems that we live in. The stories of the past are handed down to us because people before us took the time to package the stories up and tell them to us.

However, there is a wedge driven between us and our empathy when we become part of the individualistic trance of society. That wedge starts to cut in

## *1. Psychological Problems*

when we believe that we can have it all and live alone and become everything that we want to become on our own. There is a huge price we pay, and that is the killing off of our empathy. When we see ourselves as an island, as an individual apart from others, when we put profits and power and success over and above our own power of empathy, then we run the risk of losing our empathy. What will happen is that the skill of empathy will look like a skill that is optional in us and in others. Our individualistic western stance will make empathy look optional, as if our human relationships, our friendships and our romantic and our family relationships, can stand and flourish with or without empathy, as if empathy plays no part. The amount of empathy that we would need to show to those that we care about will ebb and flow, wax and wane, according to essentially randomness. We will see that sometimes those that are close to us in proximity seem closer to us psychologically at times. We will randomly feel close to others, and then, with those same others, we will randomly feel further away. Our empathy, the basis of our connection to others, will be random, causing our relationships to become random. Our anxiety increases as a result.

This can lead to a sort of learned helplessness, a sort of depression, as we don't understand why we sometimes feel close to someone, and at other times so far away. Why someone seems like a friend at one time, and at another time, they will seem like a stranger. We will see no rhyme or reason as to why this is happening when we don't understand the power of empathy to make or break any type of relationship. We may reach and wonder why we are so randomly lonely, and randomly connected socially. Becoming, and then staying, an individual in western societies will cause us to lose our abilities to empathize. Relationships become and stay unstable.

This leads to a lack of empathy knowledge. We become unable to see the place that empathy has in our lives. We fail to see the importance of empathy as the basis and foundation of all relationships. Our empathy becomes impeded.

The Western societies, especially the United States, have such an assault on empathy that the empathy muscle has become weak with disuse. It has atrophied to the point of almost utter failure. The empathy muscle, both collectively and individually, has become so weak and atrophied with disuse as to make it almost an utterly unfamiliar part of the human psychology. The muscle has gotten so weak and pathetic that it has almost been forgotten. Other psychology has taken its place, and that substitute psychology has made it almost seem that the empathy muscle is not a muscle that is needed. An absolutely forgotten part of human psychology that almost is lost to time. The muscle is there, empathy is there, in a weakened state. So weak, so small, and so atrophied that

## *1. Psychological Problems*

it doesn't even look like anything that is important. We have our weakened empathy, we go through life like going through the motions, and we work and make the money, and never give our empathy skills any notice. So we start to forget, we learn to live without empathy. We cannot actually live and thrive without empathy, however, we try. We think in the back of our mind that there is something off, something wrong with the way we interact with others.

We may look for a solution, we may look around in our psychology, and root around for an answer. Nothing seems like an answer, like a solution. We are lost. We come across the word empathy, and we look in our own lives at our own empathy, and we see how weakened with disuse it has become in us. We look at the lives of others and it looks like empathy is weakened in their lives also. Only we don't see the empathy skill as being weakened. What we see is empathy so small and weak that it looks unimportant. We watch the NFL Super Bowl and see the individual highlighted, we see men smashing themselves against each other with no empathy. We become blinded to how important empathy is. The cacophony surrounds us, and as we look at empathy in our own lives it is difficult to pay attention to it. We don't see it's importance, we never see it's full use, and we start to feel that it is an almost unimportant part of us and of our happiness.

We are distracted day by day, and what we see in empathy is something that doesn't look very important to build up. Our empathy skills don't look important. There is no way that they could look important to us. Every time we look at what empathy is we are told in western societies that it is not important, look how weak it is in everyone. Look how weak it is in you. Look how weak it is in me, and yet I'm happy and successful and rich and powerful. Watch a Hollywood movie and see how weak the empathy is in those characters.

And here we stand, puzzling at life, and looking at empathy. A deadened sense of empathy that looks even deader when the people in our lives, in our popular media, don't teach us about empathy. When one religion says it's better than the others, when one country and when one company says they are better than the competitions.

These factors make us lose our way, and it drives the wedge between us and our natural empathy skills and our natural empathy powers. We begin to see empathy as unimportant, not just for the lack of good empathetic examples, but because of how our own empathy skills have atrophied. We can't see empathy for what it is, and what it can be, because we are too locked into what it has become.

When empathy is not learned at an early age, it will become less and less likely that the person will grow to see empathy as necessary. Empathy will look

## *1. Psychological Problems*

like something that is optional. As the years and years go on, empathy will still seem to be optional. Habits carry with them an inertia. When someone does something a particular way one day, the next day they may do it the exact same way. As the days go on, the way that someone does something may seem to become ingrained in them. It almost becomes who they are. As someone does something the same way for so many days in a row, the statistical probability that they will do it the same way the very next day is huge. The chance that they will do it a different way is slight. If someone likes to be argumentative and start drama, then as the days go on and they continue to act this way, the chance that on any given day they will be argumentative and dramatic are very high. Unless there is a force for change put on to that behavior, people will continue exhibiting the same behavior. Someone who is taught that empathy is optional will day after day see empathy as optional. As the days go on, the statistical probability that they will see empathy as optional is large. If someone is taught wrong, especially with such a core competency as empathy, that wrong teaching will stay with them for a long time, as day after day they get more and more evidence that what they are doing is right and disregard evidence that what they are doing is not good for them. When someone is taught that empathy is optional, and when they grow up and that belief is never challenged, that belief will continue to stay with that person. Western society gives very little pressure against the idea that empathy is optional, and much support is given to the idea that empathy is optional. People with empathy, the ones that could help, don't like to waste time trying to change people that believe that way. Only people that get paid, like mental health workers, will spend the time needed to change someone.

Growing up without empathy means that ineffective means of socializing will be used. Nothing can replace the importance of empathy, however there will be other psychological techniques that will be tried. Things like have a common interest, "how to win friends and influence people", money, competition, make someone laugh. These things cannot replace empathy, and will be a failed replacement.

It is difficult for our individualistic American minds to think in terms of empathy and the connection that it provides. We don't think in terms of what the other person may be thinking or feeling, and what the other person may be thinking about what we are thinking and feeling. As such it is very difficult to write out these very basic ways of interacting. There is almost no vocabulary to use to shorten the descriptions. Maybe we've long lost the words and phrases that can be used to describe the interconnectedness of empathy.

When delving into empathy, it starts to get complex. We may ponder what

## *1. Psychological Problems*

another is thinking about what we are thinking. How can we describe that? It is hard to describe. I believe what our human brain does naturally a thousand times a day our English language hardly has the words for. The thing, empathy, that is so important in our lives, to our very well being, doesn't seem to have a range of words that we could use to describe it simply. Our very lives and happiness depend on our empathy skills, yet we don't have the various words and phrases needed to precisely describe what we are talking about. Words escape us. I believe our English language fails us.

Cars. We have many words to describe them and their functions. We live in a car dominated world, we are marinated in automobiles. We can take a car or a bus or: truck, big rig, motorcycle, moped, etc. We watch commercials on television, and we see fast cars, family cars, fun cars. We make fun of the person with the midlife crisis buying the sports car. Our cars have engines and we put gasoline in them to make them go. We have powerful engines, and fuel efficient engines. We have compact and efficient cars. We want cars with good miles per gallon. Now we want electric cars. These are all terms we know, we have been bathed in car terms. Even the most unobservant soccer mom will be able to, when faced with a list of these terms, be able to describe what they want and what they don't want. We all are familiar with the terms.

However, when it comes to empathy, we have a loss of words. It just seems odd that something so crucial to our eventual happiness has few words to describe it, and less in terms of definition. Can you describe what a friend is? What is friendship? A good friend, a close friend, an enemy? We can see why the phrase, "keep your friends close, and you enemies closer", may sound true. Our enemies, in order to defeat us, may actually have more empathy for us and our situation than some friends might. Our enemy may have actually taken the time to understand what we are thinking and what we are feeling and what we are sensing, in order to overcome us. They may know us better than our supposed friends do. It may actually seem natural to want to keep an enemy closer to us, as the enemy may be showing better abilities at being our friend than our friends in name do. We might not want our enemy closer to us just for the safety of keeping an eye on them would afford, but because they may be closer to us than anyone we know.

Having low levels of empathy skills may take us down some dangerous paths, like hanging out with our enemies as if they are friends. We may confuse our actual friends as enemies. Those that want to get close to us may get to know us as our enemies might, however they don't have any ill will like our enemies. However, it can get confusing when we don't understand the role that empathy plays in our relationships. We may confuse a friend for an enemy, and

## *1. Psychological Problems*

an enemy for a friend. We may confuse an apathetic person as a friend. We may not even understand our relationship with ourselves: are we self-destructive, or confused? Are we a friend to ourselves or an enemy to ourselves? We want to be able to trust ourselves, and we might not even know how or when that would happen. With empathy, which is the start of all relationships with self and others, it becomes much easier to know. The answers to these questions become much clearer, almost obvious. When we have impeded empathy, and a weak empathetic relationship with someone, then we are no friend. Only with the skill of empathy can something chance to grow.

In Western societies the empathy habit is extinguished. In behavioral modification terms to extinguish a behavior is to decrease it so much as to make the behavior basically non-existent. When a person or animal does a behavior that we don't want them to do any more, we put pressure on them to decrease the behavior. We punish the behavior that we want to extinguish every time it is displayed, and we reward any new behavior that we want the person or animal to have. The organism will start to do the behavior that we at first wanted to extinguish less and less, and will start to do the behavior that we want them to do more and more.

Think of a dog that you want to roll over on the ground on command. You have some treats for the dog, and when the dog begins to roll over when commanded you give it a treat. As the dog becomes closer and closer to rolling all the way over on command, you continue to give it treats, until the dog can roll over on command without the treat. It has learned a new behavior, its behavior has been modified.

When a manager or a supervisor wants a worker to stop a certain behavior, there are punishments put in place so that when the worker does the behavior they are punished. Workers can be verbally reprimanded, they can be written up officially, they can be asked to go home with pay, can be asked to go home without pay. They can be fired, etc. There are things that can be done to try and extinguish a behavior from a worker.

Western society extinguishes empathy using these behavioral modification techniques. When we see a competitive sports star on television, and their exploits dominate the airwaves, we see them being rewarded and we want to be rewarded in the same way. We become a little less empathetic. We see our empathy as not being anything that is important. When there is a television program that shows a wealthy business man that rose to the top with ruthless fierceness we become to believe that empathy is not important. They are, held up to us, examples of non-empathy. We see that we will be rewarded for the same behaviors. We want to be like them, and we extinguish our empathy. So-

## 1. *Psychological Problems*

ciety will reward that which kills our empathy. When we are at work, we may want a promotion. However, we may try and help our fellow workers at the same time, to show empathy to others, to build relationships. This can lead to being overlooked for a promotion because we didn't look out for #1, ourselves. We may try and help someone that is hurt, and get sued because our help was not 100% helpful, it may have hurt a little. However, if we didn't help there would be a chance that the person would have been hurt even more. Our empathy becomes more and more extinguished.

Small talk is what we do when we don't want to empathetically connect with someone. Small talk is the barrier that we put up that will keep us disconnected from the other. We may want to stay disconnected from the other. Small talk though is a normal way that we communicate with another, even when we want to make a friend. Small talk sounds like, "So, what do you do [for work]?". It's talking about the weather, politics, etc. It's skipping talking about thoughts feelings or sensations. We may want to skip this with some people. Wanting to indiscriminately connect with everyone is dangerous, we open ourselves up to all kinds of random attacks. When we want to connect with someone, and we don't go right to starting to build the empathetic connection, we get lost as to what to do. Small talk is no way to actually build a friendship.

We think small talk is a good path toward friendship. However, it's just the start of getting to know someone, to start to see what they are about. To get a sense of what they are thinking and feeling and sensing. But when we want to get to know someone better, small talk won't help. Building the empathetic connection is what starts to build the friendship.

The more time that is spent believing that empathy is meaningless, or unimportant, the more that belief becomes concretized in our minds. We will start to see evidence that empathy is unimportant, or that it is just an optional act we do with someone. The longer the evidence accumulates the more the belief becomes solid in our minds. We only see evidence for the belief, and we disregard evidence against that belief. We start believing things that aren't true. This can lead to some insane actions, as our beliefs don't really line up with reality. We may see someone that says he is good friends with another, yet when we see the supposed friendship for ourselves and with our own eyes it doesn't look like anything more than an acquaintance. When we don't see the mutual empathy, we see that there isn't a friendship. However the person has the belief that empathy is not necessary, and therefore believe that their shallow relationship acquaintanceship actually constitutes a friendship.

The seed that is planted in our minds is planted some time in our lives. Most likely when we are young, however it can be planted at any time -- when we

## *1. Psychological Problems*

are middle-aged or of old age. That seed, when planted with enough force, can start to take on the sense of a belief when enough evidence is gathered. That seed is that empathy is optional. With enough force that seed of empathy being optional can start to take root in our minds. If there is no one, or no other idea, to go against that idea, then the seed that empathy is optional will start to grow into a belief. We will work against our own self-interest promoting this belief to ourself. It will be a small, weak belief. If there is nothing to go against the idea that empathy is optional, the belief may take root and become stronger. The belief that empathy is optional may become strong. At some time in the life of someone that holds the belief that empathy is optional, they may come across the truth. They may be told and explained how empathy is important. They may see examples of actual friendships, and because of the belief that empathy is optional is in their minds, they may fail to actually see the empathy that the two friends have for each other. The truth may actually be in front of their face, and yet their strong beliefs against the truth causes them to not see the truth, or to even consider the truth and the evidence for it. The belief that empathy is optional may become so strong that evidence to the contrary is disregarded. At some point the belief that empathy is optional may become so strong that only highly skilled, professional help, can start to question that belief. That may need to be coupled and coincide with a catastrophic, personal, disaster, in order to start to dislodge that belief.

Because empathy is such a root part of who we are as humans, when we disturb that root part of us with untruths, we start to affect our basic sense of self. Our basic ways of dealing with other people will become affected when something as deep and overreaching and natural as empathy is disturbed. When our deep understandings of how we relate to each other includes the false belief that empathy is optional, then everything that would grow out of empathy will also be affected. When such a fundamental part of our being is twisted, we become twisted ourselves. Everything that would grow out of empathy will be twisted, or even non-existent. Empathy is one of the most powerful skills that humans have, and when that skill is weakened or disturbed or twisted, a very powerful and very deep part of our humanity will have been twisted. Our sense of who to trust, and how to connect with another, our sense of self, will be put into question when empathy is questioned and made to seem optional.

Empathy is such a fundamental human psychological structure that it is almost as fundamental to our satisfactions as breathing is fundamental to our physical survival. The only way that this fundamental and natural structure of empathy could be weakened is by massive force. Force that teaches that empathy is to be disregarded. When a person has some empathy, when the natural

## *1. Psychological Problems*

tendency is to reach out empathetically to another person, when that happens and it is not encouraged, that structure becomes weaker. Although empathy is natural, it still needs to be guided and taught. Things like decoding body language and facial expressions. Walking is natural, and yet we are taught how to walk when we are small. Walking can be turned to running and to racing and to hunting and all kinds of things. The saying, "you have to walk first before you can run." Empathy at it's smallest must be encouraged when it first appears. Then, when empathy is understood, and is starting to mature, then other social skills and interactions can be taught on that skill. Ethics, and community, and leadership can then be built on the empathy skill. Leadership of family, and leadership of self, and of the tribe, can be built on the fundamental skill of empathy. These things can't be built when empathy is impeded.

When empathy is not encouraged, either because society doesn't reward it, or because parents don't know about it, then the empathy muscle is weakened. The empathy skill is ignored, and not brought up. It's as if maybe someone is taught how to walk, but is never taught how to run. Or taught how to walk, yet when they try and run it is punished and ignored. A society where everyone can walk, but no one can run. We all have the fundamental structures, even when we don't use them.

When developing, and as time goes on, a person without a foundation of empathy will learn other ways to cope with socializing. Everything they do in regards to socializing will be a coping skill, because relationship skills cannot be learned by someone that doesn't have empathy down first. Even the best leadership advice will fall flat on someone that doesn't have the understanding of empathy. The socializing of someone that doesn't have empathy will take on a macabre tone. The person will be doing their best to get along and socialize and the death of their empathy will become apparent. Something will be off with someone that has no or little empathy, and we might not recognize it for what it is. We might not recognize the death and decay of that persons empathy, but we will start to become repulsed by such a person. We might not be able to name the problem. We might not know why we want to get away from them, but we will want to get away from them nonetheless. Interacting with someone that has no empathy for you, for themselves, or for anyone else, will be a disturbing experience. We won't like it, because what we are actually seeing is someone pretending to be social, someone that is playing at being human. We will see someone that is dead on the inside, and it will be disturbing. Be warned, the more you learn consciously about empathy, the more disturbing the people around you will look. People will no doubt start to look like zombies to you, dead on the inside but yet still animated. The person in front

## *1. Psychological Problems*

of you trying to make a friend of you and not reaching out empathetically to you will look down right scary. We almost can't blame them. When someone tries to socialize without empathy, it will look all kinds of sad. The stronger you build your empathy muscle, both for yourself and toward others, the number of people that you want to be around will become less and less. It's not that you are trying to be "to cool for school", or just aloof. It's that people that don't have a command of empathy will look downright weird, and no matter how long you are around them you won't be able to shake the weirdness you feel when you interact with them.

Many of us will first learn to blunt our empathy when we enter formal schooling. In first grade the teacher says, "No talking in class". When learning empathy, we need to talk and communicate with each other. The teacher will try and stop that and keep the focus on the lesson. The lesson on the board, or in the books, will not teach mutual empathy. Most of the days in class are spent in books and reading and writing and 'rithmetic. There is no emphasis placed on mutual empathy, all emphasis is placed on facts and learning, all teaching goes to stopping the learning of empathy, not teaching empathy, and focusing on dry facts. And then, to deemphasize empathy, we go to "recess" and interact with out schoolmates. During this interacting, when we can learn about empathy, there is no formal education, there is no one there to teach us. We are children left alone. Our parents are not there at the school during recess to teach us about empathy, and the teacher won't or can't do it. We learn that empathy is optional, that empathy is unimportant, and that sitting quiet and not communicating is important. We slowly lose the ability to empathize.

As we go through the grades, we then start getting graded on our academic performance. At first, we may be graded on "works well with others", etc. But then those grades go along the wayside and are replaced with an emphasis on competition with our peers. The school system pits us against one another. We then compare ourselves with each other using our grades. We see the person with the highest grades as being the person we want to become, rather than wanting to become the person with the highest empathetic skills and relational skills. Oh, we like the cool guy, but we also want to get better grades than him. We will sacrifice our empathetic learning for a letter grade on a piece of paper. We will sacrifice the infinite possibilities of human interaction with the finite grade. We want to do the unnatural thing of "make the grade" or "make the mark", and leave our empathetic learning to the side. This may set us up for academic success. However, when empathy is not taught to us somewhere, this sets us up for social failure, and sets us up for all kinds of mental disorders.

Thus primed, we enter the workforce. We strive for the buck, for the promo-

## *1. Psychological Problems*

tion. In trading our empathy for that particular striving we have money and lonely nights. After being in the work force for a while we are halfway there to killing our empathy skills. When there is nothing pressing back against us to increase our empathy skills, those skills will go to the wayside. The time and effort it would have taken to increase empathy skills get cannibalized to increase our work skills. This cannibalization of our time in this way may not be done willfully and with careful calculation, but out of our of ignorance of our real issues. The time and effort that we would have taken to increase our skills for knowing what we are thinking, and getting to know what another is thinking, we instead take that time and effort and do things that will increase our marketability in the workforce. Instead of taking the time in learning how to spot and name the emotions inside of us and inside of others, we take the time to learn a new work skill that might lead to a raise in the future. Instead taking the time and effort in knowing what we are sensing, and what others are sensing, we take all of that time and effort and put it toward getting a new certificate of training, or a new suit, or a new car. Our time and effort in learning how to empathize is taken and used to increase our work skills, our income, our work etiquette skills. We can write a better email, yet we can't connect with the friend we want to make. We have the certificates to advance our career, yet we have to idea how to advance a romantic relationship.

Because empathy skills are not nurtured and taught from a young age, we grow up to have retarded empathy. Retarded means something that is not growing at its normal rate or to its normal size. It's similar to the idea of the atrophy of the empathy muscle. The retarded empathy skill will only make a social idiot. Someone in high school may call someone else 'retarded'. This is meant as a negative putdown. What could they really be saying? They could be saying that something in the persons psychology is retarded in its growth. The one thing that may become retarded in growth and do the most damage is the skill of empathy. When someone has a high degree of mature empathy skills, you would never be able to call them 'retarded'. Someone with a high degree of mature empathy may occasionally do a generally retarded thing, as we all do when we are learning another type of new skill. However, someone with a full sense of empathy skills just could never be seen as retarded in any way that is meaningful. In fact, the person with a high degree of mature empathy skills is attractive to other people. To be attracted to someone with a high degree of empathy is natural. We may become temporarily attracted to someone with good looks, or a lot of money, or fame. However, someone with a high degree of empathy, that understands their thoughts and the thoughts of others, that understands their emotions and the emotions of others, that knows what

## *1. Psychological Problems*

their body is sensing and what others may be sensing, will leave an impression on others that will not soon go away. A long time after meeting someone with a high degree of empathy, and that empathy bringing out the empathy out in you, you may still remember them, they may affect you in an important way. Empathy is fundamental to human relationships, and someone that shows that skill will be someone that shows what the skill could look like in you, and you may be touched in your core by them, and you won't soon forget them.

Young people are in a school setting. They are taught to compete with each other. They are taught the world has scarce resources, that global warming and wars will make it hard to survive in the future. Students are competing for their future lives. Then, empathy is seen as optional. There is no emphasis place on empathy and its importance to human interaction. Students are brought up in cities that are full of people but low on friendships. Gladiators fighting in roman coliseums would have a difficult time keeping up with the high level of competition and low levels of empathy in western schools. When relationships are low, and people made to look like they are competing for their lives, violence can happen at any time.

Peers compare each other to themselves and their other peers. Because empathy isn't taught as essential for socializing, and because empathy is taught as optional, people start to compare themselves according to external things. Things like grades and athletic ability and other psychological and physical measures. The shallow comparisons start in school. After school the comparisons change to the car you drive and the amount of money you make. These comparisons become important, and carry more weight than our learning of empathy skills. When we are competing and fighting, we can't have much empathy for another. When we are dominating, it is hard to build mutual empathy. When seeking to dominate, any empathy skills will be brought to the cause of defeating our enemy, and will not be brought to the cause of building the bridge between us, and bridging the gap. Empathy can be weaponized, can be used for a use it isn't best suited for.

Growing up in a western world, with movies and TV and popular media, there is the mass acceptance that empathy is not important. This makes it difficult for someone growing up in this type of society to understand what the problem is. They will continue to skip over empathy being an important part of human psychological health and socializing, they will continue to skip over learning what empathy is. When growing up in the United States, or a western civilization, we are in a society that devalues empathy. However, there are very few ways that the importance of empathy can make its way into the people. To a person in the western world, the whole world is un-empathetic, empathy is

## 1. *Psychological Problems*

absolutely optional. A fishbowl of non-empathy, forming a cocoon. The cocoon is formed by popular television, popular movies and popular media like music and art. It is sad, but if Hollywood ever made a movie that focused solely on the importance of empathy, we might not even understand what it is saying. It would be like trying to explain dry land to a fish. They would have very little concept of any of that, so they would have a hard time understanding it. The fish, who only knows water, may even think that you are lying to them about the concept of dry land. A movie, or series of high budget movies, that focused solely on the importance of empathy in friendship would probably flop due to western audiences already believing that empathy is optional, and unimportant. Western audiences may reject outright the message of such a movie, and would never recommend it. It would seem foreign to our eyes to see Tom Cruise spend hours with someone sharing back and forth what they are thinking and feeling and sensing.

Watching movies and pop music and most novels and television does not strengthen our empathy muscle on it's own. These forms of communication are only one way, meaning we get an idea of the other person but they don't (and can't) get any idea of us. Too much will kill your empathy because your empathy muscle will atrophy because there is not a back and forth empathy, there can't be mutual empathy when you aren't participating in the action. You will feel like there is empathy because it seems like an interaction that is mutual, but the TV or the radio can't react to your emotions and thoughts in real time. As it sits there it may feel like you are making a friend. You will get the story of someone that is thinking a certain way, and feeling a certain way, and sensing certain things. The actors voice will be in your very living room. With a big enough TV they may even be life size. However, this will all be acting, and it will be one way. Acting, even good actors, can only keep the act up for so long. As the movie or show goes on, a scene will feel contrived as the actors on the set are reacting to each other in weird and inhuman ways. Someone will tell a funny joke but no one will laugh. The laugh is for the audience to do, not for the actors, but it is unnatural for no one in a funny situation to not laugh as the actors will portray. To watch a movie or TV show one needs to suspend reality a bit to understand what the story is all about. When your empathy becomes stronger and more mature, bad acting and bad writing on TV and in movies will become very apparent. It will be hard to understand how an actor can empathize with another actor that is choosing not to show their true emotions or true thoughts as most actors do in popular media. Stories are an important and powerful way to learn things about the human experience, but the stories in movies and television, no matter how good the acting, will not take the place

## *1. Psychological Problems*

of real human interaction.

Soldiers and police bear the brunt of uncovered empathy. When in a dangerous situation with dangerous people, empathy must be increased. Knowing what the potential enemy is thinking, what they are feeling, what they are sensing, is important in knowing how next to act.

Sometimes those that rise to power in the company boardroom have gotten there by sacrificing their empathy skills. What's called hard nosed and a hard work ethic actually can be coming from a place where there is a lack of empathy for self and a lack of empathy for others. Many successful executives have a family life that is in shambles. As someone becomes more powerful, the likelihood that they will see subordinates below them as objects increases, especially with 100,000 employees. When someone lacks empathy for another they will default to seeing that person as an object. The less empathy one has for others the more likely is that they will see the other as an object, and not as a human/person. Human empathy is how we see a person as a person, lack of empathy is how we see another as an objects.

There is no limit to what we can do with an object. We don't love objects. We do whatever we want to an object. Hammers are objects and are used to bang away at nails. The tires on our cars are objects, and we drive them all over the city, with no care as to what they may be feeling. And when the tires wear out, we replace them, and throw the old tires away. Objects are like that, they are for our use. When someone in power sees their subordinates as objects then there is no limit to what they will do to their subordinates. There are sayings like, "The psychopath in the boardroom", and the question is asked, "Is my boss a psychopath?". There is a chance that in western society that when someone comes to heights of power that they are coming to power with impeded empathy. This lack of taught empathy, combined with power, could lead to someone that has some of the beginnings of some of the traits of a psychopath or narcissist.

Competition for money leads to low empathy. You won't help another person get a promotion if you also want that promotion. You will not want to look at their side of the situation, and what they want or need. You wouldn't help them get the promotion that you want yourself. If you run a business you are going to do the things that you need to do to compete with other businesses. If you see a direct competitor about to go out of business, you won't even think about helping them. You will be glad that they are gone. You won't think much about the stress and struggle of that business owner, because the relationship with you and your competitors is such that you want to do better than your competitors and not help your competitors. Your business competitors will take money from you, and you don't want that. You do everything you can,

## *1. Psychological Problems*

right up to the legal limit, to make sure your business survives, regardless of what the other guys business is doing. This is just how business works. Some people can get so money hungry and so power hungry when it comes to business that they will sacrifice their empathy in order to get more money and more power and more success. There is a way of doing business that does not sacrifice your empathy, however the temptation will be great to dehumanize your competitors and celebrate their failures. Sacrificing your own empathy just for business success is what it means to sell your soul.

Being ex-communicated from the catholic church was almost a death sentence in the past. You would lose what little empathy the religious church members had for you, and you would lose their social support. Losing all empathy and all social support was a death sentence to the individual that happened to. Today we seem to live with little empathy and little social support, with our individuality, etc. In the Western states we don't need a group in order to get our most basic living needs met. We can work and buy food and clothing and housing without the close direct support of a group of people. Meaning that we can get fired from a job and get a new job. Our basic necessities can be met easily. There is no fear of being excommunicated, nobody has that life or death power over us.

This could mean that being a part of an empathetic group is not necessary, therefore making the learning of empathy seem unnecessary. Empathy will provide us with a social group, however it's not needed as a total means of survival when we can get our survival needs met mostly on our own. Our empathy muscle can atrophy yet we won't feel the consequences of that atrophy for a long time. We can go for years not realizing that a big part of our psychology is being damaged and destroyed by our actions. We are insulated somewhat from the damage of our actions.

In the Stanley Milgram experiment and the Stanford Prison experiment, we find that people would give their empathy over to someone in power. If we are not careful we can give our empathy over to someone in authority. It takes effort to remain in control of our empathy, and to make the right decision to listen to our empathy.

Many 'solutions' to friendships and family, etc. Are just covering up problems or even just describing problems. They aren't going down to the heart of the problem: we in western society have a lack of empathy, and feel that empathy is just optional.

Most all self help or transformational books or videos here in the Western World will never touch on the subject of empathy. They will just assume that there is no importance to it, and will write the book as if the reader lives in a vac-

## 1. *Psychological Problems*

uum and doesn't ever wonder what other people around him are thinking and feeling. Even relationship books will be devoid of this. After you experience the change, and see the absolute importance of empathy, you will notice these things missing in so many of the self help books out there. In fact, it seems that most books almost encourage you to disregard empathy entirely. These books are written by people that live in western society that believe that empathy is optional and not at all important. That your lack of empathy has nothing to do with the social and relational problems that you face. Most books won't go into that topic. Talking about empathy is not a popular thing, either that or most western people really have little clue what empathy even is.

Many pick up books and relationship books gloss right over the importance of mature empathy for the other person. Watch a relationship guru, especially one that is supposed to teach you how to pick up on woman. Watch how most of these supposed gurus interact when they are speaking with a woman. Many of these gurus interact with woman like the woman is some kind of alien or something, that the woman is something to be feared, like it is impossible to connect with the woman. It's painful to watch someone spew out lines to a woman, and not ever build any type of empathetic connection with her. I'm not talking about being a nice guy. I'm talking about looking at the woman's body language to ascertain what she is thinking, feeling and sensing at the time, and bringing that up in the conversation.

Narcissistic rage, or, declawing the cat. Being upset at being faced with our impeded empathy is normal. The belief has been implanted that empathy is optional, and that empathy is not necessary. Much force has been applied to your empathetic structures inside your mind to keep them suppressed. We want to believe that someone likes us, that our friends are friends and that they care for us. When your own empathy starts to come on, both self-empathy and other-empathy, you may start to feel like the people you thought were your friends actually aren't as close friends as you thought. We may notice their feelings, and notice that they don't feel the same about us as we do about them. This leads to the horrible loneliness, and the associated pain. This will cause us to continue to deny our loneliness, and to not make the leap to mature empathy. Who will be our friend when we are halfway there to empathy? Our 'friends' no longer seem like friends, also, people with more mature empathy will see us and not want to be our friends, because we are stuck with only half-empathy functioning. Also, when empathy is introduced to us, we might not recognize it for what it is, because until now no useful definition exists for empathy. Empathy is real and is almost undisputed as the basis of friendship, however, we will, along with the option of empathy, be fed the empty platitudes that we

## *1. Psychological Problems*

know aren't real. Be 'nice', be 'compassionate'. Along with these, mixed in, might be the actual solution (empathy) but we may not recognize the gem that empathy is, and throw everything out. We are done with being nice, or an asshole, or rich, or compassionate. We don't see empathy as the solution for what it is, and for the work it will take to regain our mature empathy skills. We also have a hard time seeing empathy in action in this western society. The solution is to hammer our empathy muscles, everyday, and get them back into shape. Hammer on empathy any way we know how. We must strengthen it, and see it all the way through. To see reality for what it really is, and, to ultimately, find real friends, and be a real friend.

Without empathy we will need something to fill our time with, and one of the things we will look for are adrenaline producing pastimes that western society provides. These are things like football, coffee and energy drinks, car racing, bar fighting, serial dating, emotional religious conviction. There is going to need to be something that we occupy our minds with, and western countries has many things that you can fill your mind with when you don't have anyone to empathize with. Empathy is such a huge part of our psyche that when it's not used like the tool that it is we will find other things to do with that energy.

When we are raised by parents that regard empathy as not necessary, we may start to regard empathy as optional because of the parental influence. Since there are parents that are raised by parents that are raised by parents that regard empathy as optional, the idea that empathy is optional spreads. The first people to show this to you might very well be the people that had the biggest influence in raising you.

In your formative years you were influenced heavily by the people that raised you. Beliefs and ideas were planted inside of your head. The norms of society were passed onto you from your parents. This is good and this is normal. The norms of the community and of what it means to be a family were passed on to you from the people that raised you. You were affected and you were very impressionable during this time.

The idea from society that empathy is optional made its way into your mind easily, with the people that raised you facilitating that. Over the past many years, western society as a whole has seen a decline in the idea of empathy being important. This idea was passed onto your caregivers, even in incrementally small ways. This small passing on that empathy is optional was passed onto your sensitive mind at a young age. There was no thought most likely presented to you to counter this thought coming from your caregivers that empathy is optional. It just seemed like the way it is, that there is no need for empathy sometimes, that it can come and it can go, and if it's there that's good,

## *1. Psychological Problems*

but it's not important for any type of relationship.

This is where the seed is planted that empathy is not important, and it's not an important thing to learn and to do. There are no children shows that focus on empathy, on seeing another persons perspective, in western society.

It's said that the best predictor of mental disorder is how far away a person is from reality. The reality of our humanness, the reality of other peoples perspectives. The reality of the world and the objects around us. The reality of what we need as humans. The closer we can get to reality and more mentally healthy we are.

Mutual empathy is the reality when it comes to making a human connection. There are too many structures in our psyche that allow empathy to happen. When we step away from empathy, we are actually stepping away from a large part of our human mind. We have lost our mind when we think that empathy is optional.

The reality that we need to face is that we need human connection, and the basis of that connection starts with empathy, and then builds to mutual empathy, and then builds to other things beyond that. The things that follow empathy can't be built unless empathy is present.

You are denying huge parts of your humanity when you have consistently impeded empathy. You aren't denying some small part of yourself. When you deny that you can feel the pain of another, or the joy of another, you are missing a large part of yourself. There is a part of you that isn't really alive. It's actually a large part of you. Parts of your psyche are numb and aren't allowing you to connect with people. It's almost like a double problem. Because the structures are not given their space to work properly, you will come across as inhuman and weird. People will notice that and will shy away from you. People that notice the inhumanness initially but want to still try and interact with you will eventually feel the need to stop the interaction. They will stop the interaction because they are unable to connect with you. Our Thoughts and Emotions and Sensations are a huge part of who we are. When you don't acknowledge another persons Thoughts and Emotions and Sensations you are really not acknowledging a huge part of who they are. You are in a sense ignoring them, you are ignoring their sense of being a person, even when at the very same moment you are carrying on a conversation with them. You are ignoring their very personhood. We connect empathetically, and when we can't or don't then we aren't fully human.

Even when parts of empathy are too great, and you feel the emotions of others and can't distinguish from your own feelings and those of others that means that you are denying the structures in your mind that make you distinguish

## 1. *Psychological Problems*

your own from another's feeling. There is something missing in your empathetic skill, it is still immature in some way. When your empathetic skills increase, so does your humanness. This is good, because humans only want to connect with other humans.

Lack of empathy keeps therapists and clinical psychologists with a large case load. When you lack empathy, you lack connection, and when you lack connection you will need to get a therapist to have someone to talk with. The nickname for a therapist is rent-a-friend. As in, they are someone that you rent out for a fee in order to be your friend while you are with them. There is also another connotation. It's that when you have a friend, you probably won't need to rent a therapist. I make no mention of grave disorders like schizophrenia and the like. I am talking about societies teaching that empathy is optional, and the resulting disconnection that comes from that. I'm talking about psychology and beliefs and habits, and I'm not talking about organic issues that would need specialized care.

### **1.1. Psychological Pathology**

Without empathy you will start to get some of the symptoms of a personality disorder. There are two parts to empathy: self-empathy and other-empathy. We need both. We know it in our hearts. We know somehow that we need to see what another is feeling and thinking and sensing to get to know them, and we also know that we need to know what we ourselves are thinking and feeling and sensing.

At first when our empathy is assaulted we may start to give up self-empathy. When we are taught that a person's inner world is not important, that what is really important is the size of their bank account and the prestige of their job, we start to get the sense that a person's Thoughts and Emotions and Sensations are not important. We disregard our self-empathy, and our empathy is impeded.

When being taught how to dampen your own empathy skills, you may start to become at first co-dependent. Then, if the teaching is taken to heart, and your empathy skills are voluntarily given up, you will progress to the next stage. The next stage after co-dependent is narcissistic.

When your empathy is being turned off your self-empathy may be the first to get damaged. As you start to internalize the idea that empathy is optional and not important, your first course of action may be to shut down your own self-empathy. You will devalue your own unique thoughts and feelings and sensations. However, a person in this situation may still have a functioning

## *1. Psychological Problems*

other-empathy. This means that as the internal empathy is devalued, the value placed on other-empathy stay the same. Thus, the understanding of the persons own inner world will diminish, but the understanding of what others may be thinking and feeling and sensing will remain somewhat. Maybe a parent will teach this to a child, or a boss to a worker, or television programmers to their viewers, or a cult leader to a follower. This view that empathy is optional and not important will reach out from the source of that message to the receiver. The receiver could reject the message. The child could go to the other parent, the worker can change jobs or vocations, the television watcher could walk away from the television that is feeding them the media. When a person walks away or defends themselves the sense of empathy can remain intact. The sense of self-empathy and other-empathy will not grow, it will also not weaken. It will remain the same when the message is rejected.

When the person feels or believes that the person sending the message is superior to them in some or many ways, the message may be considered as true. Given enough time and enough repetitions, the message may be thought of as true. The message being that empathy is not important, that it is optional. Through empathy with another person in power, the message is sent to the recipient. If the other person is a good liar, or if the other person really believes it themselves, and they are out of touch with their own empathetic state, the message could be transmitted successfully to the unwitting recipient. The worker thinks that empathy is optional because the boss told them not to worry about another worker, the viewer of television may think that empathy is optional because it showed them television shows where heroes and good guys don't show a lot of empathy. The child may believe it when the parent doesn't care for the child and the parent doesn't have any mutually empathetic friends.

When this message is taken to heart, it will start to be acted upon. The sender of the message is thought to be right, or better, than the receiver. So, in the numbing of empathy, the numbing of self-empathy will come first, because the person isn't standing up to the message coming at them from the person or institution that is perceived to be better or smarter or stronger than them. However, other-empathy will remain intact as long as the belief is there that the other person or institution is better or stronger than them. We must not upset the more powerful institution, let's pay attention to what they are thinking and feeling and sensing. This leads to a codependent or a cult member or a societal sheep. Someone that doesn't have self-empathy, but lots of other-empathy.

You may still have empathy for others. This is called codependent, it's where you understand to a degree what others are thinking and feeling, yet you yourself have no idea what you are thinking and feeling. You can't look inside your-

## *1. Psychological Problems*

self and identify your feelings and identify your thoughts. You may even just take on the thoughts and feelings of the person closest to you because you aren't acknowledging your very own thoughts and feelings.

After a time of being codependent, you may decide to turn off other-empathy. You have spent much time denying your own internal thoughts and emotions and sensations, and paying close attention to the thoughts and emotions and sensations of others. However, something isn't working, and at the same time society and other people are telling how empathy is not important. You watch a Hollywood awards show and they absolutely emphasize glamour and status and wealth and fame. Other people in your life don't look like they think much of empathy, as we all try and climb the corporate ladder and achieve wealth. Something needs to change, and you decide to apply yourself even more to the rules of society. However these rules don't include the importance of empathy, so the empathy that you have for others may start to dim, may start to slip away. The wrong path is taken.

When a young entrepreneur wants to start a massively successful empire the likes of facebook or google, there may come a point where they feel that if they walk through that door they will change. That something inside of them will change. That it will change them. The change is the fact that self-empathy and other-empathy will be crushed, and the person will become full on narcissistic and live only for the company. Empathy will go away because the new entrepreneur will face many obstacles and will need to take care of them and get rid of them in a short amount of time. This will mean crushing rival companies, and crushing those that get in his way. This takes a sort of lack of empathy, especially when done on a grand scale that very large corporations run at.

Before the leap is taken, there may be a small amount of empathy present in the person. This small amount of humanity is like a lifeline leading back to the full understanding of empathy. This small string is laid out on the ground as the person enters the cave of non-empathy. As parts of empathy are turned off, there is still the memory of what empathy did for the person, the connections that were made because of empathy. There is a feeling, although it can't be pinpointed to what it goes for, that there is something important that is being torn down by society and the job and the race for fame. As that important thing is being torn down, there will be some empathy still left. There will be some time that the person can laugh authentically with another, or have a moment with someone that feels like true friendship. However, the teaching of empathy as not being important will be loud. This teaching will start to affect the empathy of a person. The string leading out of that cave may be lost.

When other-empathy starts to become dismantled, there will be memories of

## *1. Psychological Problems*

what life once was. There will also still be actual empathy present. Maybe this empathy will take the form of a small amount of awareness of what another person is feeling at any given time. The emotions of others will be clear to you, and you will feel them. However, you don't know what others are thinking or sensing, and you don't know what you yourself are thinking and feeling and sensing. However, this small bit of empathetic ability, this ability to really feel what another person is feeling when they are around you and you spend enough time with them, gives you back the memory of what it is like to have a full range of empathy skills, the memories of what it's like to have friends. Feeling another person's feeling is like a line of string that could lead you back to your full range of empathy. This line of string was laid out in your memories as you were disregarding your own empathetic skills. The string would be akin to a rope that someone would pay out on the ground as they begin to explore an unknown cave. This line that is laid out will give direction to the spelunkers when they want to get out of the cave and back to the surface, and back to safety. A small amount of empathy may be the beginning of a trail of string that can lead someone back to full empathy skills. This small amount of empathy can feel important, and you don't want to go without it. Even when others are telling you to stop caring what others think about you. You still don't want to give up your small amount of empathy, you don't know what it's called, but you don't want to give it up.

Someone could be said to have a tenable grasp on empathy when they are only holding on to one of the areas of either self- or other-empathy. Someone may have a tenable grip only on what they are feeling. Another way the tenable grip may be found is someone that has a tenable grip really on what another person is thinking. Having a grip on what another is thinking may help to understand what their motives may be. We can have a tenable grip on what we are thinking, or of what we are feeling, or of what we are sensing. We could also choose to have a grip, however small, on what another is feeling. Or, we might have a grip of what others are sensing. We may only have an understanding of what another person is sensing as they go through life, what they are sensing as they walk or as they sit or as they run, what orientation they are in. This will be a small grip on reality. If we only know what another is sensing, but not what they are thinking and not what they are feeling and not what we ourselves are thinking feeling or sensing, we are in a way holding on to the one string of empathy. This tiny shred of empathy may be the end of the line that we are holding in our hand, the line that would lead us completely out of the cave we have been climbing down into.

Unfortunately, someone that still has the small string of empathy may let it

## *1. Psychological Problems*

go, and lose the line completely. This would be a terrible loss. This would mean that none of the empathy skills that are available are being used by that person. This small grip of empathy may be lost in a moment. This one shred of empathy, the connection back to being human, could be lost, and the person can be lost down in the cave for a long long time.

When that last grip of empathy is lost, when you no longer care what another is feeling for example, and no longer care to have self- or other-empathy, you will have lost more than you bargained for. The last line of empathy, the slight gossamer thread that consisted of the last shred of empathy for you, would have broken. When it breaks, you may never get it back. Like the cave explorer who has lost site of the line that leads back out to the entrance of the cave and has become hopelessly lost inside the bowels of the earth, you too may become lost to mental illness when this last thread of empathy breaks. Western society is assaulting your empathy, right now, through television and movies. I am not against television and movies, I am against the assault on empathy. Right now you might have the last threads of empathy, that you could use to extricate yourself out of the cave of loneliness, and back to the surface world. This thread, this connection to your empathy, is vital. There is a war on your empathy, and this situation you might find yourself in, where your last thread of empathy is under assault, may determine the rest of your life. When you leave that thread of empathy, when you deny your human empathy skill, in order to maybe get the competitive promotion or to win that court case, you may not realize how much you are losing. You may lay aside your last shred of empathy skills with the intention of temporarily leaving it off to the side, and being able to do what you have to do, with the grand intention of coming back to it, you may find you can't make it back to your empathy. When the line is cast aside or broken, you may find that you won't be able to find it again. You may find yourself lost in the huge cave of loneliness, unable to find the line once again. Something inside may not understand what you did. You may not understand the ramification of casting that line aside. Your empathy may be so damaged already that casting aside more of it may be casting aside the last of it. The ramifications may very well be that it will take a Herculean effort to find and pick up the pieces of your shattered empathy skills, and to find the path out. When you lay aside your last empathy skill you may find that your mind doesn't have a way on it's own to get it back. You may find yourself in the desert of loneliness forever, where help is hard to come by.

Now you don't have empathy for yourself or for others. You have turned narcissistic. You have the promotion, you won the court case, or you got the position of power. All of these can be had with empathy still intact. However,

## 1. *Psychological Problems*

western society is ok with you if you gain these things and lose your empathy. You can have power and not understand what others are thinking feeling and sensing, and what you yourself are thinking feeling and sensing.

### **1.2. Living with Pathology**

When someone is narcissistic they will have low self-empathy and low other-empathy. In order to get along in a social world without this empathy it will be necessary for them to build up a false-self. This false-self doesn't contain empathy, but contains close approximations of most of what a human being contains. You will lose connectedness and maybe gain power and money. It doesn't have to be this way. In many cases it isn't. Many with power and money do have empathy. However, there is no mechanism in western society that would prevent someone from killing their empathy to gain power and money. In fact, the killing of empathy is celebrated in movies and TV.

Codependent people, those with high other-empathy and low self-empathy, have a chance to pull out of their sickness. They at least know what empathy is, even if they only practice it toward other people and not toward themselves. They know what human thoughts are and how to discern to a rough degree what another is thinking and therefore what their intentions might be. They know about emotions in others and what others are sensing. They can keep that empathy for others, and then start to learn empathy toward themselves. Learning what they are thinking and feeling and what they are needing is the start of self empathy. Keeping other-empathy, and building up self-empathy, is a way for the codependent to pull themselves out of the cave they might find themselves in. With other-empathy mostly intact, they have not gone so far down into mental illness. No doubt codependency is painful. Also there is the pressure from society to say to hell with others I'm going to live for myself and I'm getting rid of my other-empathy. However, the codependent with other-empathy mostly intact has a chance reverse the damage. With this empathetic knowledge and recognition of empathy they need to build up self-empathy to start to have a mature understanding of empathy and have a chance of building human relationships for themselves.

Narcissists are a special kind of codependent, in that along with not having empathy for themselves, they don't have much empathy for other people. Narcissists that lose the ability to empathize, who have lost what it's like to feel another's feelings and contemplate their thoughts, will probably never get that skill back. They've lost their way, they may entirely and completely forget what

## 1. *Psychological Problems*

it's like to have empathy for another human being, themselves included. They may never be able to remember what it's like to empathize, and consequently never be able to get that function back. How could you describe empathy to someone that doesn't remember what it was, or someone that doesn't even see the value in it? Empathy is such an internal state that someone that doesn't have those states anymore would have a hard time getting those states fired up again. Not impossible, just with empathy being such a huge part of human psychology, if it's missing from a person there may be such damage done in the extinguishing of those structures. There is a huge force required to get rid of such a huge part of human psychology, and if the narcissist resides in the most narcissistic of societies that is western society, there is still a force being applied to keep empathy from coming back. Someone with narcissist tendencies would have to, for a while, make it their singular objective to get their empathy skills back, to put the kind of force in their recovery that was used to take their empathy away in the first place. To reclaim back what was stolen from them, the narcissist will have to fight to win. The narcissist will underestimate the force required to get their empathy back, because they may have never realized the force that it took to make them give up their empathy.

### **1.3. Further problems**

When we interact with an other empathetically one of the things we get, which can be uncomfortable at first, is a mirror held up to us of how the other person sees us. When we get to know someone, they get to know us, and they have reactions to how we are interacting with them. When we interact with our other-empathy, we will see this effect of ourselves coming through in how others react to us. In a way, when we see another empathetically, we are seeing their own selves reflected back at us.

One example of seeing how another sees us is sometimes we may hear some bad news. Our face may show sadness and confusion at hearing this bad news. However, we may not be aware of the fact that our faces are showing such a clear expression of how we are feeling inside at that moment. Someone may respond to us, "You look sad, what's wrong?". We are surprised at the statement. We didn't even know we were looking in such a way, that our face and body was sending out the emotion that we are feeling inside. When we look at the person, we may notice that they are looking at us with a somewhat concerned look on their face. We then may come to understand that their concern is a concern of someone that is seeing someone that is sad, and that they are looking

## *1. Psychological Problems*

at us and saying that we look sad. We can conclude that we look sad to them, and start to look inside of us and realize that yes, we are sad and confused at the news we just heard. The strength of concern coming from the other person may also show us the strength of sadness that we are showing, it is naturally reflected back to us. Someone with a certain force of concern such as this may be seeing someone that is seeing a certain amount of sadness. We can also then conclude that we are looking at someone that is looking at us, and that they are looking at someone that is showing a certain degree of sadness, based on the amount of concern that we are seeing from the person looking at us. There is a mirror held up to us by the person that is interacting with us, that mirror is showing us just how sad we really are at that moment. It may be showing us how sad we really are better than we ourselves can look inside ourselves and see how strong our sadness is just on our own. This mirror from others is important in understanding ourselves because we may inaccurately see what what we are really thinking and feeling and sensing.

A codependent may be exclusively dependent on this mirroring effect coming from others in order to understand what they themselves are Thinking, feeling and sensing. A codependent may look to someone, and at someone, just to get a sense of what they, the codependent, is going through. A codependent may feel that without someone around to show this empathetic mirror up to them, that they won't know what they are thinking emoting and sensing. This is because the codependent has low self-empathy. Further, a danger is that they may look at someone and just believe anything that person is saying to them about what they are thinking and feeling and sensing, without any personal corroboration from their own personal self-empathy. With out self-empathy and other-empathy mirroring working in harmony, the codependent may be easily manipulated and lead down any number of paths. Empathy keeps us safe, and self- and other-empathy keeps us knowing what is going on.

This is where it gets draining to be around a codependent and a narc. Empathy is already a complex operation, and when you have to do it for another it takes a lot of brain power. The load becomes too heavy, and the person becomes drained physically by the codependent and the narc. The empathetic person has to cover their own empathy and socializing as well as another's. This takes a lot of brain energy. The person with empathy will be having their empathetic neurons firing with emotions from other people for their own empathy, and it will also need to be 'borrowed' by the codependent and the narc. This taxes the already complex empathetic response. That is the way that codependents and narcs drain other people. Narcs and codependents are called energy vampires, but the energy doesn't cross from one person to another. There

## 1. Psychological Problems

isn't any type of energy flying through the air from the person with empathy over to the narc. It's that the person with empathy erroneously agreed to take on the empathetic load from the narc/codependent. After this is agreed the narc/dependent can walk away and allow the empathetic persons mirror neurons to emotionally fire for the both of them. The narc/codependent will just wait for the person with empathy to tell them what to do in the social situations. The narc/codependent has weak empathy muscles, however in order to survive socially one of the things they are going to need to do is to borrow your empathy muscle because theirs is so weak. It's as if, instead of walking down a path normally and carrying your own weight, you have mistakingly agreed to carry the narc/codependent on your back at the same time you are carrying your weight. The narc/codependent/BPD must get help specifically to build their own empathy muscle.

This can come from a desire to manipulate people in order to get what you want. If you understand somewhat how empathy works, and you yourself have some empathy left, you will be able to interact in such a way that you will understand part of the your own empathy and part of the other persons empathetic state. If you can understand what another person is thinking and their intentions, then you can, for example, make sure that when their intention is to get a job promotion that you want, then you can do something to thwart them. When you thwart them, you might do something hurtful to them, to others, and even to yourself. However, because some of your empathy is dulled you won't realize fully what you are doing. You just know what the other person wants and are doing what it takes to stop them from getting it. The pain you cause others and yourself might not fully register with you. You could overlook the emotions that the other person is feeling, and overlook even your own emotions in the situation. Partial empathy can be dangerous.

Non-empathetic people are like vampires, energy vampires. Vampirism is a classical motif that is really there to explain what narcissism is. From the sucking of the life force (blood) to the turning the victim into a vampire themselves. There are many parallels. It is a modern-day greek style myth. Narcs are oftentimes called psychic vampires. Codependents should be called psychic vampires also.

Narcissists are like vampires because they both:

- Take your energy
- Are seductive
- Will turn you into one of them

## 1. Psychological Problems

- Are not actually dead or really living
- Like a vampire, a psychic vampire will take your energy
- Both the vampire and the narc are destined to wander the earth, wondering what happened to them, why they are not alive yet not dead.

Our empathy pervades our psychology. Every day we are swimming in empathy. We are social creatures, and our empathy is crucial to that definition of who we are. When we are without empathy in our lives, or we are low on empathy, we will still need to socially interact with people in our lives. Our lives contain people. We have people at work, people in our families, and people wherever we go. We will have to interact with others. When we have low self- or other-empathy, we will have a difficult time interacting with others. This is because without self or other empathy we will come off as robots or nerds. This means that we aren't interested in the inner lives of other people, and other people can sense this. The solution is to increase our empathy muscle, to strengthen our empathy muscle. Empathy is what builds the bridge between us. To understand another's thoughts feelings and sensations, and to understand our own thoughts feelings and sensations, so that we can share with others what we are thinking and feeling and sensing. To make sure others have a chance to understand where we are coming from, and making sure that we understand where they are coming from as a human being. When we don't have empathy we essentially see others as objects. We don't really show our empathetic state and we aren't interested when others reach out to us with their empathetic state.

Without this essential skill to get along and to get close to others we have to invent something else. There is a skill that does not work very well, however most people with low empathy levels will reach for it. That skill is creating a false self and using that almost exclusively in our interactions with other people. The false self looks like a person, but is actually just a caricature of a real person. The false self almost acts as a ventriloquist dummy. The ventriloquist speaks through the dummy to the audience. After a while of seeing a ventriloquist and their dummy, we almost begin to feel that the ventriloquist and the dummy are two different people.

The false self takes a lot of cognitive power to produce and maintain. The false self is constructed essentially of the things that other people want to hear. The narc or codependent will try different responses to different situations and will keep the response that works best. When someone asks, "Hi, how are you?", a polite and etiquette type response is, "I'm good, how about yourself?". This is the beginning the false self, our shields being up. This type of response

## *1. Psychological Problems*

is good in general because when we are meeting someone, especially for the first time, our guards need to be up. We don't know what type of psychic damage this person can do to us. We don't know their intentions, so we need to be careful and let only a little information get through to the other person. After a time we may grow to trust the person a little more, and realize that they have empathy. If we trust them, and if they have empathy, and if and only if we want to, we can open up a little more to them. However, the beginning our shields are up and in a sense we are playing a part.

The narc knows how to play this polite part. However, that is where it ends. The narc will continue to play the professional polite part even in the relationships that seem to be close to them. You'll see a conversation between a narc and their girlfriend and there won't be any opening up on the part of the narc. Observe this when you can. The narc will be with their supposed (long-time) girlfriend, and will never let the girlfriend know their empathetic state, and will not be curious about the girl's empathetic state. He will not try and guess what her thoughts or feelings or sensations are. He will also dislike it when the girl tries to guess his thoughts or feelings or sensations. She might say something like, "Are you sad?", and he won't know what to do with it, he will try and ignore it by changing the conversation or not saying anything. When someone tries to guess part of your internal state, they are opening and offering a bridge of empathy. A narc has a false self because they don't empathize. Their interactions don't contain information exchange empathetic states. However, in the above example the narc will not exchange empathetic information, and may try and show their affection by buying things for the girlfriend. A gift of jewelry or vacation or a night out. This is what the narc will try and do in replacement of exchanging information about empathetic states, or when there are no more stock answers to say to their significant other. The narc may say the right things, the things he heard in a movie, or the things he heard someone else say that they did or say. The narc can mimic being a human. They might even try and mimic what another actual genuine human has said or did. However there is a problem when a narc starts building up their false self and starts mimicking another actual successful person. The situations that they find themselves in might not be, and probably won't be, the exact same situations that the person they are mimicking was in, so the mimicked response will be close, but not quite what is needed.

A narc may see a successful relationship, and notice that the guy says certain things to the lady. However, the successful guy is exchanging empathetic information with the lady, and the narc won't notice these things. They don't notice the inner worlds being shared between the two people. He will notice

## *1. Psychological Problems*

the words that he said, the phrases that he said, and when he said them. However, the phrases that are said are said in the context of two people that know each others well. The narc can pick up a phrase this way. As the narc goes through life, the phrases get picked up here and there through experience with other people, especially successful socializers. However, the basic principle of a mutually empathetic relationship eludes the narc. There may be a few reasons this eludes them. One, they have come to either believe that empathy is optional, or two, they never learned the importance of a mutually empathetic relationship. Or they might not know what empathy even is, what it feels like.

The narc will have a toolkit of things to say to others that are close to them. These phrases are collected from the actions and activities of others, when others were in their own particular situations. When a situation arises that looks like the situation that the phrase was collected in, then the phrase becomes an option to pull out of the tool box. The narc is in a situation that is close to a situation that he saw a successful person utter this phrase. So the narc may find himself doing ridiculous things. He may notice that when a guy and a girl are standing face to face, the guy says, "I love you", to the girl, and the girl seems to like it. When the narc is meeting someone for the first time, he may find himself in a situation that mimics the situation where he saw the couple where the guy said, "I love you". The narc may find himself compelled to tell this girl he just is getting to know, "I love you", simply because he finds himself in a moment standing face to face with her. The situation was somewhat similar, but not the same. There is no empathetic closeness and they barely know each other. The narc may get a bad reaction from the girl, an embarrassed or nervous reaction. He will store that next to the phrase of "I love you", and won't utter that when he barely knows the girl. The sad truth is, the narc will have a hard time knowing how to love without having empathetic skills. The narc is just pulling random phrases that might work, that he saw work somewhere in the past, and seeing what works. In this way the false self is created, phrase by phrase, action by action.

In this way some narcs may become good at getting girls, getting money, and getting fame. They become good at their phrases, and the situations to say them in. However, there are people that get girls and fame and money that are narcs, and when you look at them closely, you can see that they don't interact with people empathetically. There are very few to no situations where they interact empathetically. A person that is a narc that becomes successful will have almost no situations where they interact empathetically with another. You can watch closely and see that they are not interested in theirs or another's empathetic states, they are not interested in theirs or another's inner world. They don't

## *1. Psychological Problems*

exchange information about their internal states with their spouse or kids. They look so close to having it all, however there is one fly in the ointment: they are a lonely person. This is what is meant by becoming successful yet selling your soul to do so.

Narcs want money power and fame because it becomes the vehicle to feeding their false self. A false self fades away over time because it is a lie, it isn't real. Real solid empathy, the emotions that we actually feel and the thoughts that we actually have are real, and the relationships built with them are real, and they stick around over time. The false self of a narc is not real, so over time it will fade away. People will forget the false self because there is no relationship to anchor them to the other person. The narc needs to somehow believe that their false self is real and needs others to believe it is real. They need to believe that the false self is their real self because then they don't have to deal with their real selves. They need it to look real to others so that they can continue to fool others and continue to get by. It's a sick game, and once you notice it you will never see a successful person that is also a narc the same way again.

Here is the mechanism for how a narc or codependent keeps their false self alive. Just like a vampire that needs to drain the life-force of a living human to stay functioning, so to must the narc drain some life force from a victim to stay functioning. To do this the narcs false self needs an emotional reaction from their victim. Either a positive emotional reaction, or a negative emotional reaction. This isn't the narc themselves that needs the reaction. They need their victim to react to the narcs false self. When the victim reacts to the narcs false self, then to the narc the false self feels real and valid, and the false self lives to fight another day of protecting the outside world from seeing the narcs true insides, or true empathetic state. The stronger the reaction the better. If the narc can use their false self to make you super angry or super excited or super happy, then the narc can rest assured that their false self is intact and viable.

It is draining to be wound up by a narc and their false self. Because when we feel a strong emotion we have a natural tendency to find someone to share it with. When we are in a group and laughing really hard, we have a tendency to look around and share our laughter with the other people that are laughing hard. We are sharing our emotions with everyone. When we are really angry we might feel the urge to turn to the nearest person and let them see how angry we are, often by trying to explain to them how we were wronged by the other person. This explanation of how we were wronged may even include an outstretched arm and pointing finger at the one that angered us, as we are explaining how we are wronged. The explanation is just a pretense to be able to show to another how angry we are, and to exchange our and theirs inter-

## 1. *Psychological Problems*

nal states. Strong emotions will have us seek out others to share it with, to see their empathetic reflections to what we are feeling, to get a better handle on the emotion that we are feeling. We can release some of the pressure, even of good feelings, when we turn to another and share the strong emotion that we are feeling.

With narcs we can't share a strong feeling with them. When a narc makes us super angry or even super excited, the emotions can't be shared with them. Because they have impeded empathy, the narc can't provide any reflection back to us of our emotion. When we turn to the narcissist all we see is a fake person. They can't even fully acknowledge our emotion. Holding such strong emotion can be draining, and having a strong emotion with a narc can be isolating, because it would be the same thing as having the strong emotion by ourselves. Imagine being alone on a mountain top alone with only a satellite phone. Someone calls you on the phone and shares exciting news with you. I mean you are so excited and joyful and can't stop smiling at this good news. The news is shared, and you have a short time talking with them. Imagine after the news is shared, and you let them know you got the news, you hang up, and then the cell phone breaks, and the phone call is lost. You are still smiling and joyful, however the person you were talking to is lost because the call is lost. Furthermore, your phone can't make any more phone calls because it is completely broken. There are no phones within fifty miles of you, and more importantly there is no one within fifty miles of you that you can share the joyful news with. Imagine you are standing on that mountain top, bursting with joy, now with a broken cell phone and no one to share the news with. Imagine how exhausting and lonely that would be. You may frantically look around for someone to share the news with, now that your cell phone is broken, but with every passing second you realize how alone you are. There is no one to share this news with, to empathetically reflect back the joy you are feeling. This is how it is when a narc makes you feel extremes of emotion. The narc themselves cannot reflect back the emotion to you, be it anger or joy, because their walls are so thick and so dense, that they cannot exchange empathetic states with you. You can feel alone with your strong emotion even when you are with a narc.

The narc on the other hand, behind their thick psychological walls, realizes that their false self made you feel an emotion, a strong emotion. The narc knows it was their false self that made you feel the emotion. Since the walls are so high and so thick with a narc, it had to have been mostly the false self that the narc had been cultivating that made you react that way. Whereas you are drained, the narc feels safe, knowing that their false self is working, and that they can go through the world safely now just using their false self. When you continuously

## *1. Psychological Problems*

interact with a narcs false self as if it were a true self, you get stuck in a sick, sick game.

This is known as a narc getting supply from a victim, akin to a vampire sucking blood from a victim. The victim feels drained and confused, and the narc just feels safe keeping their false self propped up. Inside the high psychological walls the narc is dying, not being touched empathically by any person, and not touching any other person empathetically. The benefits of empathy are out of reach to the narc as they hide behind their high walls, and as they present their false self to the public, and private family, like a puppeteer presents their puppet to an audience.

The best supply that a narc can get is called high grade supply. High grade supply can only be gotten from very smart, very beautiful or very successful people. Essentially, if a narc can use their false self to get a strong reaction from a person in power, or beautiful or smart, then the narc will feel that their false self is working extra well. If the successful and powerful person cannot see through the baloney that is the false self, and reacts to the false self of the narc as if it is a real person, then, according to the narc internal thinking, their false self must be very well constructed indeed. The more successful and powerful the person that the narc can dupe, and the longer they can dupe them, the more high grade supply the narc can get, and the stronger the false self will seem to be. Others may see the successful person react to the false self and think that the successful person is agreeing that the self the narc is showing is a real self. The stronger the false self seems to be to the narc and to those around the narc, the safer the narc will feel. However, still, deep inside the narc is becoming more and more psychologically deadened. This supply keeps up the farce of the false self, it does not actually make the narc more psychologically sound. As long as the narc keeps the false self and presents it to the world as their real self, the more supply the narc will have to procure to keep the false self going. It will be a never ending and all consuming battle for the narc.

If the false self of the narc is successfully challenged, if it looks to the narc that the false self is about to fail, the narc will feel as if they themselves are going to literally die because the narc thinks that their false self is their real self. Someone that is not a narc may feel this way momentarily when someone is said to have their ego popped. You may think highly of yourself in some area, especially in your younger years, and not really have the evidence to back that up. You may think that you are very good at a certain sport, even though you never competed in that sport or were trained in that sport. You may conveniently forget that you don't have the training or time spent learning in a sport that you may think you are good at, or you are too young to know the training it

## 1. *Psychological Problems*

takes to get good. Then, when you go and compete for the first time in that sport, maybe in the school yard, you may find that you really lack the skills in that sport, your lack of training may begin to show in front of everyone. Your ego might be popped, and just like that you realize what your true skill is in that sport. There will be some pain as you realize where you stand in regard to your skill in that sport, and as your beliefs in yourself and your skill in that sport become challenged and rearranged with the reality of the situation. This small amount of pain is something everyone goes through and is part of learning what reality is, and coming to terms with your skill levels at the time. A narc, though, would take this situation and never admit that their ego was going to pop, and will take the time to start creating the false self to protect them from this very normal ego pop.

The narc has that same feeling when their false self is starting to be successfully challenged, except a thousand times worse. They will feel that they are literally, and actually, dying. They may go in full flight or fight mode at a simple comment from someone that just happened to expose a weakness in their false self. They are thin skinned, because there is no skin on their real self to protect them. The false self is not their real self. The true self has been neglected in order to use the time and energy and resources to build up the false self. The true self is only as protected as the false self can convince other people that it's real. The true self is unprotected and has been uncared for.

When you work on empathy and your empathy muscle and empathy skills, when you work on spotting your empathetic states and the empathetic states of others, there is no time to build a false self. When you do have your psychological walls up, it will be to protect your true self from invaders, and it won't be to produce or bolster any false self. You will have your psychological walls up for a purpose. You will realize that any false self you conjure up is for temporary protective services only. Having a false self may seem gross to you, and not something that you want to spend too much time building up and maintaining. It's only for the occasions where you have to deal with people with low empathy skills, as a way to protect your psychic insides. However, as quickly as you can you will want to go back to where your social circle has empathy for you and you have empathy for them. You will use your false self when needed for protection, but you won't want to live in it.

Narcs seem "off" because we can't detect empathy in them. This is the secret. We look at a narc and don't want to be around them, we don't want to be their friend, and we get a creepy feeling about them. We get this feeling with codependents also. Anyone that has an empathy problem or deficiency we will detect that there is something off with them. When we realize what empathy is,

## *1. Psychological Problems*

and our own empathetic circuitry, when that is woken up, and when we understand our own empathetic states, we will see if others are as awake also. This is more than just being politically awake and able to spot political BS and propaganda and manipulation. This is seeing and knowing whether another person is empathetic or not, and knowing what the condition of their empathy skills is. It won't be a gut feeling. You will look at someone, and notice that they aren't reacting at all at the emotions displayed by another, and that over the course of what would be a carefree evening of socializing, they are not reacting or internalizing any of the emotions that anybody is showing them. You will look at their facial expressions and see that they are just not reacting proportional to the situation, even when you take the fact that we can be nervous when we are first meeting people and trying to socialize. Even a nervous person will show in some of their actions and facial expressions that they are being affected by the empathetic information being passed around in the group. The purely nervous person might not be showing it outright, because their walls may be properly up, however there is something there that is registered in them, and we can see some of the evidence. However, with the narc, there will be long minutes and hours where you can't detect any movement in facial expressions or body language to empathetic information being passed around. They don't look nervous, they look unmoved, and when they do move, it's very stilted and calculating. Or they can be very loud and animated, but they are not reacting to the emotions around them. They repeat phrases that sound like they fit, however, they don't come from a place of being moved at all by the social interaction happening in real time right before their eyes. They will look disinterested. This is why people with low empathy skills are not invited back again. They don't act like they want to be there because they aren't reacting to anyone else's empathetic information. The people in the meet up might not realize it, but they are there to strengthen their empathy muscles, to compare notes, to know what others are thinking and feeling and sensing, and to let others know what they are thinking and feeling and sensing. To learn about and feel emotion in real time, to see what ideas others have and to share ones own ideas. A narc or co-dependent won't go there, and after understanding about empathy you will be able to point out specifically what it is that seems off to you. You will understand why you would rather socialize with people that don't have a mature empathy rather than those that have an impeded empathy.

Fake empathy does not look like real empathy, not in a million years. Narcs can't fake empathy for more than a split second, if even that. They will try and do simple mirroring. When getting to know someone one way to start to gain rapport is to match the other person. Match their voice tone when you

## 1. *Psychological Problems*

Speak to them. Match their body language. Match the speed of their spoken word. Match some of their phrases. This will be the start of rapport, and in a professional situation it might be all that is needed, all that is required, and frankly all that is appropriate. Making someone feel good in the office and comfortable and at ease so that everyone can get along. The problem arises that simple "mirroring" behaviors do not equal empathy, and empathy is needed if two people are to get close to one another, either romantic or friendship or family. Mirroring body language does not equal empathy. That is something else entirely. There may be other tricks that a narc will use to gain trust and rapport. You may find someone like this, and you might do business with them, you might work along side them for a while, and you might even work for them (careful to keep your shields way up). However, the problem arises when you either socialize with someone like this, or when you yourself socialize like this. You might become a professional socializer, but you won't shake that lonely feeling, because you won't get close to anyone. You won't make a best friend if you just do tricks to gain rapport with someone and you don't follow that up with empathy.

Without empathy you will need someone else to provide the empathy information. This is important. You will become dependent on others for empathetic information. Narc is just a special kind of codependent. You can't have much freedom when you are dependent on another for something that you could get on your own. When we are a child we are dependent on our parents, when we grow up we learn how to do things on our own. When a child is learning to socialize an empathetic parent will tell them about thoughts and emotions and sensations and correct them when they are incorrect about what another person is feeling or thinking. This way a child learns how others look when they are feeling a certain way, and how the child senses in themselves what another person is feeling. A narc may have disregarded this childhood training, or didn't get it at all. This means that the narc will at times need to know what the empathetic state of another person consists of. Since their empathy muscles are weak, they may rely on another person to let them know, in times of need, what another is feeling. Counselors can be good at helping a person understand empathy, and helping you learn about yours and others empathetic states. When a narc or codependent is really bad, they won't have a clue as to what they and mostly what others are thinking and feeling and sensing. They will need to get a clue. However, telling someone to get a clue doesn't help because there is no sense of what the clue to get is. When it's time to get a clue, that means it's time to understand self-empathy and other-empathy. It means you are incorrectly interpreting yours or another persons, or multiple persons,

## *1. Psychological Problems*

thoughts, feelings or senses in a social situation. You don't have a clue.

Narcs need, not want, their partner to carry the empathy load. To be empathy for them. Like a baby or a child. Their weak empathy muscle needs someone with a strong empathy muscle to shoulder the burden. And they will do whatever it takes to get that. They don't want you to grow your empathy muscle, because if you get a complete and working empathy muscle, you might leave them, and they need whatever empathy muscle you have so that they can borrow it. It also will put them in the position where they have a weak empathy muscle and you have a strong one, and that makes them feel inadequate. There is also the situation where they will have to find another sucker to be their empathy muscle, and they don't want to do that. In all this, they never cared much for you, because they can't care, because caring and love take empathy, and the weaker the empathy muscle the weaker the love is. They will have no other choice but to look at their own weak empathy muscle, and maybe admit that empathy is important, and after living a life where they have fought tooth and nail that empathy is not necessary, they won't easily want to change this view. Not having a proper empathy is absolutely disastrous for socializing. If you are a narc or codependent in this position, fight not wanting to change.

Being someone's empathy for them is like being someone's eyes for someone. If you see someone about to cross the street and they don't see you driving toward them, you have to be their eyes. You stop the car and wait for them even though it's your turn to go because they're not stopping because they don't see you. In a sense you are looking out for someone, you were their eyes when they weren't paying attention. This is a temporary state to be in, to be the eyes and ears for someone that can do it on their own. However, we may find ourselves in these temporary states. However, being in this state permanently with someone is not good. Imagine someone that could see perfectly alright, but when you were walking around with them they refuse to look at where they were going, and refuse to keep their eyes looking around them at obstacles and objects. Imagine you had to guide them all around as you walked, pulling them and pushing them so that they wouldn't fall off of curbs or crash into objects. You would not want to hang out with someone like that for very long, because they have eyes they can use, and you don't want to be the eyes of someone that is perfectly capable of using their own eyes. This is an extreme analogy, but it's not that far off from the extreme reality of people with weak empathy muscles depending on the empathy muscles of another to get through their day. To not be aware of self-empathy and other-empathy, and maybe allowing a significant other do all the work for you. Your significant other tells you what to wear when you go out because you can't see how others see you when

## *1. Psychological Problems*

you are socializing with them because you don't pay attention to how your behavior and looks affects others. Your significant other warning you not to talk about such-and-such subject when you are going to a party because last time you offended someone. You will need to be constantly told such things when you aren't realizing self-empathy and other-empathy. In many ways you are like the person with perfectly good eyesight that chooses to be lead around by someone and refuses to use their own eyes to walk and navigate the world. In this example of the couple the person being told what to wear and say is the narcissist, he doesn't know what anyone wants. The person doing the telling is the codependent, because they know how others react, but don't realize life is not fun being the empathy for someone else. Someone that has eyes of their own needs to use their own eyes, and being the eyes for someone that can see is exhausting.

Trying to manage interpersonal relationships with impeded empathy is impossible. There are people that have no hands and sometimes even no arms and sometimes they are able to get a lot of things done with their feet. They can work a computer or they can make food for themselves. They can get a lot done however it's slower. Now imagine someone who had arms and hands and could use arms and hands but didn't and used their feet instead. They would be slower in doing things with no benefit, especially since they have arms and hands they can use. This is the same with impeded empathy. The empathy circuitry is there however it is not being used.

An abuser will behaviorally modify the person under their care due to lack of empathy. When you hang around a narcissist or a codependent you will have your behavior modified. It has been said that you are the average of the five people you spend the most time with. Spending time with codependents and narcissists and people with low empathy levels will turn you into a codependent and a narcissist and a person with low empathy levels.

The abused will have their empathy stunted through behavioral modification. Behavioral modification in its simplest form is rewarding a behavior to increase that behavior, and punishing a behavior to decrease that behavior. We are all modified by the environment that we are in, that includes the people that we are around and the general environmental variables that are around us. When we hang around narcs and codependents we will feel the pressure to become more narcissistic or codependent. Behaviors that are part of having empathy will not be rewarded. Behaviors that show empathy will be punished. Anti-social behaviors, those behaviors that are against empathy, are rewarded, and not having anti-social behaviors are punished. When you are around narcs, you may have an emotion that you want to share with them, so you let down

## *1. Psychological Problems*

your wall a little and share the emotion. The emotion could spread across your face and reach into your body language. You are maybe showing you are happy, or sad, or scared. The narcissist doesn't have much empathy, so these emotions, these true emotions that are inside of you and are coming out to show someone, are ignored. You are punished for showing a true emotion when you are ignored, or at the least you are not rewarded with another person's curiosity about how and why you feel that way, and also maybe an emotion that they can show you in return. Instead they might call you a name, and have everyone laugh at you. You begin to learn that showing real emotions in this group of people is a bad idea, in fact they don't reward it at all. Later on in order to fit in, if another person in the group shows a genuine emotion then you may find yourself making fun of them to fit in with the group. You may find that making fun of them for showing a real emotion makes everyone laugh, and you might feel more included in the group. The deadening of your empathy is beginning to take shape. Your behavior is being modified to think less and less of empathy, to think of empathy as bad, or optional only in certain situations.

You may not realize at first somewhere inside there is a part of you that is becoming deadened. You may not realize that your capacity to empathize is lessening. The socializing that is there to increase your empathy, to strengthen and tone your empathy muscle, is not there with certain groups of people. Every time you hang out with less empathetic people, the change may be so slight, the change in your behavior may become so imperceptible that you may not even notice anything is happening. Your ability to read and to be read by others is lessening. There may be conversation going on, and laughs, however empathy is not something that is practiced in some groups of people. For whatever reason, maybe bad training, or a decision to forget about their empathetic resources, some groups of people have less empathy.

At a later date, the abused may have trouble getting their empathy back. When the empathy muscle is so disturbed, it will take time to build it back. Putting yourself in another person's place takes some energy, it also takes the ability to feel to a degree the emotions that they are feeling. This takes time to recognize. Even recognizing what emotions you are feeling and actually naming them may take time. During this time of rebuilding you will look at people differently as you practice and build your empathy muscle. However, there may be a problem. You will eventually remember in the past the people that you hung around with, and you might remember how they treated you. The person that killed your empathy may be your parents, or it may be a group you hung around with when you were younger. You may start reaching back to past memories and have a hard time remembering or facing how you were treated.

## *1. Psychological Problems*

It becomes difficult to have empathy for the person that abused you. You feel that they did a great disservice to you, they did great harm to you. Although you don't have to spend time and hang around your past abusers, you may run into a problem building your empathy muscle because you don't want to have empathy for them. You don't want to see where they are coming from, to see what they did to you in the past. You want to just discard them as people that are bad or maybe even evil, so you don't remember the thoughts and emotions and sensations that they were displaying. However, there is a problem here. When you turn off empathy for someone, especially someone that you actually know, you become susceptible to turning off empathy for everyone that you know. This hampers your empathy muscle building because when you keep empathy turned off it's hard to build empathy. Someone that teaches you that empathy is optional can have a double whammy effect. You grow up without much empathy, however, when it's time to get empathy back, you will have a hard time having empathy for the person that hindered you. The person that took your precious empathy away. Just know that you don't have to ever be around or hang around someone that abused you or taught you wrong if you are choosing not to be around them. However, you will be stymied in your empathy development if you don't at least see what their states were during the time that you and them were interacting, even if you choose to never hang around with them ever. Not wanting to face this can keep someone stuck and not wanting to build their empathy muscles. Having empathy for your abuser doesn't mean you agree with them. Having empathy for your abuser is just trying to see what the situation actually is, and what actually happened, and where they were coming from. To see what actually went wrong.

However, empathy is so strongly tied to building a relationship that the abused may have a hard time turning on empathy, and then turning it onto the abuser. They may have a hard time turning empathy on to an abuser while at the same time realizing that they don't need to build any type of relationship with them. You might get stuck in a loop. The passing thought of building a relationship with the abuser may just bring back the thoughts and reinforce what the abuser is doing/has done. What the abuser has done is to shut down your empathy abilities and this seems so horrible. The way out is to understand that we stay away from people with low/no empathy, because they are incapable of building a relationship. Any type of relationship just won't happen with a sick person because of the sick persons lack of empathy. We can have empathy for someone, and still not spend time with them.

Turning on your empathy and building your empathy muscle may be taxing. Memories of the past come rushing back as you start realizing what other

## *1. Psychological Problems*

people in the past may have actually been feeling and thinking while you were interacting with them. Like getting physical therapy on a weak muscle, it can be tiring to exercise your own weak empathy muscle.

The main thing that narcs hammer away at when capturing a victim is the victims individual right to their own empathy. They don't want you to have you own stand-alone empathy. They need to take your empathy and use it for themselves. Going no-contact, realizing you have your own empathy powers, and that you have permission to use them for your own good, may take YEARS, like, ten to twenty years of work.

Narcs hit on empathy and try and destroy your empathy, because they see that your empathy starts making you relationships. And narcs don't want that they want you isolated.

They will try and physically isolate you, but they will also try and psychically isolate you. Narcs don't have relationships they have agreements and professional relationships. One thing they also have are hostages. A narc or codependent will try and take you hostage. They do this by hampering your empathy, thereby cutting off your main tool for making friendships. They want to thwart your building up of your own empathy muscle, that way you can't find anyone else to go to, so that you stay with them. The only people you will be attractive to are other narcissists or codependents, because you have weak empathy muscles. Like a weak animal that is easy to catch. They need what is left of your empathy muscle for their own use. They will discourage your use of your empathy muscle, as it makes you friends. It reminds the narc that they can't make friends, and it takes you away from them.

Narcs want your drama as a red herring. They need to keep attention away from something, and that something is their lack of empathy and lack of friends and their own screaming inner wounds. They may want to start some drama with someone in order to hide their inability to empathize. If they can start an argument they can be sure to stay away from their lack of empathy. Narcs drain your energy, but they do not gain your energy. Narcs are constantly burning energy due to their high boundary walls. They are slowly dying inside, and any energy is either fake energy, or energy from the relief of not having to deal with themselves.

People with low empathy will look and act 'dense'. This is because they don't have the empathy we are looking for. A massive part of their psychology is lacking and missing. They are suppressing what makes them human, so they look like a non-functioning human.

Narc supply is basically the relief the narc gets from not having to deal with their inner self and the building up of the lie of their false self with the people

## 1. Psychological Problems

around them. Narc victims will take on the empathy burden for the narc, thus draining the narc victim. There is no transfer of energy, the narc only has to not face their own inner stuff. The narc will no longer feel the worry of having to finally deal with their stuff because the narc will not have to practice the empathy required to build a relationship.

Narcs will wonder why you don't try and take energy from them. When you are gone, they will wonder where you get your energy from. They'll think you're getting it from somewhere else and think you are keeping it a secret from them. Narcs see the stealing of another's energy as the only viable way to interact with others.

Religion weakens empathy as it puts up an artificial us vs them. Belonging to a group is ok, the group that you belong to is a circle of friends that have high empathy skills. Religion brings sick people together, narcs, people that don't know the value of empathy, and forces them to be together through an external party, a god. It's the ultimate triangulation. You never need to empathize and know your fellow church goes because all that matters is that you are 'saved' and that you are triangulating to your god. There is no need to grow because there is only the need to 'be right with god.' i.e. triangulate the best out of everyone in the church. It also sets up internal competition. Like the analogy of restricting airflow, parishioners can each support themselves in their quest to live with restricted airflow. It's difficult or near impossible to interact with someone when there is a third party getting in the way. The third party is another person, but the group will try and convince you that it is god being the third party. There is no relationship with god because we can't mutually empathize with them. They try and make it come across as a relationship, but it's not, it's actually a fantasy. Empathy with the past other can only go so far, after that you need to get over it and get new friends. Questioning religion brings out narcissistic rage, but the religious will call it righteous indignation.

All the classic games that codependents and narcs play are all outgrowths of low- to no-empathy. Gaslighting, love bombing, ghosting, triangulation, playing the victim, revenge, blame shifting, deception, projection. People with strong empathy muscle just cannot do these things. It just ruins the growth of empathy.

Co-dependents are attracted to narcs because they think they are helping the narc. They may or may not notice that the narc lacks empathy for themselves. The codependent sees this as mirroring their own situation, in that they both lack empathy for selves. The codependent that is not aware of this will see this as an opportunity to keep on ignoring their lack of self empathy. They are with someone that is helping them reinforce that a lack of self empathy is ok and

## 1. Psychological Problems

maybe even normal. The codependent can try and ignore the lack of self empathy. They can get deep into a relationship with a narc and push away their need for self-empathy, build a world where self-empathy is not needed. Believe when western society says empathy is optional. They can enter into the narcs alternate reality, and really push away the need for self-empathy. The codependent can justify completely losing their sense of self. The codependent sees the narcs lack of other empathy and thinks that they can save them. If they can restore a sense of other-empathy in the narc. Because, to the codependent, the narc only has to go one step backwards in the progression of narcissism, back to high other-empathy and low self-empathy. They only need to go backwards to codependency, and the codependent already established in their mind that codependency (no self empathy, only other empathy) is an acceptable way to live. The codependent needs to have this be the case. The codependent does not want to deal with their own lack of self-empathy, because doing so means that they would have to deal their past, present and future self. This is unacceptable to the codependent. Also, religion teaches the codependent to be 'selfless', so there are many cues they can take to try and skip over self-empathy. By focusing on the narc, and focusing on bringing them back one step, they can hold up in their minds that no self-empathy and having other empathy is a worthwhile goal to achieve. That it is ok to have no self-empathy and only other empathy. It's as if the codependent is trying to turn the narc into a codependent, and believes that being a codependent is ok, when in fact both codependent and narc is deficient in mature empathy. So the help from the codependent actually makes things sicker. As time goes on the idea that being codependent is ok is being reinforced by trying to make the narc codependent, holding up codependency as the ideal standard.

Also reinforcing this is that a person with mature empathy would not want to be around the codependent, and definitely would not want a codependent turning them into a codependent. i.e. the codependent trying to make the normal person more 'selfless'.

Normal people run away from codependents and narcs, and normal people don't try and change codependents and narcs. Normal people see codependents and narcs as so outlandish as to want to psychically get away from them ASAP. There is only brief and superficial interaction between a normal person and a codependent/narc.

However, this superficial interaction will bring in projections from the normal person to the codependent/narc. Narcs and co-dependents are very blank, and the normal person may not notice that. They are projecting their own normal empathy onto the co-dependent/narcissist. Seeing someone so blank they

## *1. Psychological Problems*

might not notice it at first and instead of getting ready to place their walls up to protect themselves, they project good things onto the co-dependent/narcissist. The normal person that continues to be around a codependent/narc and that is keeping the relationship superficial will have to fight projecting their states onto the codependent/narc. The codependent/narc will be looking for this type of projection in order to learn about the normal person and then 'get under their skin'. The codependent/narc will try and knock the normal person off of their psychological center of balance, because the codependent/narc's goal is to get supply to cover their false self and to turn normal people into narcs, just like a vampire makes other vampires. Now, what is the main pressure point that the codependent/narc will hit? They will hit all kinds of things, but if they can convince you that empathy is optional, then they got you, they will drag you down with them. If the normal person is not prepared in the knowledge that empathy is absolutely necessary and essential, they may fall for it. If they don't recognize the narcissist or co-dependent they may get seduced and not run away. When you are aware of what empathy is, you have it firmly in your mind what it is and what it isn't, and when you realize the awesome necessity of empathy, you will be able to spot a codependent/narc from a mile away, and you will naturally stay away from them, and you sure as heck won't trust them. When empathy is fully understood you will look at a codependent/narc and understand EXACTLY what puts you off about them. Every time you interact with them you will see what their levels of empathy are, do they have mature empathy. Every time you interact with anyone in the entire world, or interact with any animal or group of people or group of animals, the first thing you will look for is the strength and intactness of their empathy 'muscle' skills. You will constantly do empathy checks for everyone that you meet, at all times that you are interacting with them. You will gravitate to empathy, and away from non-empathy. Stop trying to be friends with everyone, not everyone is a capable friend at all times in their lives.

Having high empathy makes it difficult to purposefully harm another person, because they themselves will feel the hurt. Narcs/codependents/BPD are hurt people due to their lack of empathy. When a person with functioning empathy finds themselves in the presence of such people they will shut down for protection. Also, the sick person will only want to use the strong persons empathy skills, and a person with strong empathy will want the sick person to use their own empathy skills. However, it is very difficult to tell a narc/codependent/BPD person that because it takes so much time and energy for someone to build their empathy muscle, a person will have to face so many things, that the sick person will resent the strong person. People with a high

## *1. Psychological Problems*

empathy muscle will in general not want to go into the mental health field, as they would rather spend their precious time on this earth hanging out with other people with high empathy skills. We are only on this earth for so long, why spend the time hanging around sick people?

Cool people have high levels of empathetic abilities. They have high levels of self- and other-empathy. When a cool person has a conversation they notice everything about the empathetic state of the other person and the state of themselves as they are interacting with that other person. They know if the other person is reaching back out to them with empathy, and thus the other person is building the bridge of mutual empathy. They know if this is happening or not. The cool person, the person with high levels of empathy, knows when the person is not reaching back out to them with empathy. The cool person knows when they are wasting their time. They might not be able to exactly pinpoint why they don't want to spend time with the other person, but they do know that they are being drained somehow, or that the other person is not reciprocating the way the cool person wants to.

Let's say a cool person is conversing with someone and is reaching out a little bit empathetically. They are reading, or trying to read the other person's states are, their thoughts or emotions or sensations, and are disclosing a little bit of their own internal state to the other person. The cool person may reveal a little of what they are thinking and feeling, and the cool person may also reveal a little about what they think the other person is thinking and feeling. The cool person is reaching out because he is human and he is a social animal and he needs human contact and human connection. Let's say that in the course of reaching out, the other person just reacts by trying to tell the cool guy a story. Or, is trying to reach out by flexing his muscle and talking about how much he can lift and how fit he is. Or, reaches out by trying to tell a joke and get the cool person to laugh. The cool person might laugh, or might be impressed with how healthy the other person's body is, or might listen to the cool story. However, the invitation will still be there. Will the other person react by starting to become mutually empathetic with the cool person. Will the person show whether he has a mature empathy or not. When the cool person is reaching out empathetically, and is being reached back at with stories and jokes, the empathetic cool person will start to think that the person does not want to connect with them. The sad thing is, the other person may think that they are connecting with the other person with jokes and stories and showing off their health. The sad thing is the other person may recognize that the person is cool, and will try harder and harder to please him. The other person may not realize that the cool person has a mature empathy, and in order to reach back out to him, the other person needs

## *1. Psychological Problems*

to reach out empathetically. However, in western society it may be difficult to ever find someone that even knows what empathy is, much less be versed in it. The cool guy can't build the friendship just on his own he – will need the other person to reciprocate.

There is only one thing that can accentuate empathy that you really can't control and you either have or don't. The Charisma levels of a person are inborn (Napoleon Hill) and there is just so much charisma level a person has. Charisma levels are directly tied to the sex desire. People with high charisma levels have high desires for sexual expression. And your desire for sexual expression are inborn and can't be changed. Either you have a high need to express yourself sexually or you don't.

Your charisma levels will have an effect with how others receive your empathetic communications. High charisma levels will blend right with empathic skill and amplify in a positive way the empathetic skill. Low charisma levels, or, a low sex drive, will not add to empathetic communications. Low charisma levels will not deplete empathic communications, however it will not add to empathetic communication levels.

We are social creatures, we are social animals. We know when someone has empathy turned on and we know when someone has impeded empathy. One of the parts of empathy is our ability to empathize with another and see if they have empathy turned on. We know what empathy is, and we can empathize with another to see if they themselves have their own empathy turned on and working, and even how well their empathy is working.

When we look at someone we can see through their facial expressions whether they are following the emotional beats of the conversation or not. We can see if they are moved by the strong emotions of another. We can look at someone and see if they are moved by our strong emotions. When we have a strong emotion and we are showing it to someone we will be able to feel if they are feeling the same emotions that we are. The saying "do you feel me?". We aren't really asking the question, we are letting the other person know that we are observing them and seeing if they are empathetically processing the emotion that we are sending over to them. We really want to know if the person is receiving the empathetic communication from us, if they are empathizing with us. Having someone miss an emotion from us, even a strong emotion, is not indicative of them not having empathy at all. What really matters is if they are constantly and consistently missing our emotional output. After so many missed emotional emissions, even when initial information is received, we can start to conclude that the other person has their walls up to us and isn't really hearing what we are saying.

## 1. *Psychological Problems*

Part of empathy is knowing what you are feeling and what feelings are coming from the other person. When we look at someone we can see if they are feeling the feeling that we are sending to them. We know this because empathetically we will feel our emotion reflected back to us. We will feel the strong emotion, and we will see the strong emotion being caught by the other person, and then through empathy we can feel the emotion that we sent out to the other coming back to us. We will know what is our emotion and what is our reflected emotion from another.

Let's say that we are angry. We go to a friend and sit down and show how angry we are. We show the friend we are angry, and they see we are angry. We notice that they are angry along side of us. We know they are truly feeling our anger because our empathy, working at the time even though we are angry, feels the anger coming from the other person. This anger we know is the anger that our friend feels because they were empathizing with our anger. We feel connected to our friend through the successful reflecting back of our anger back to us. We know that our friend truly understands us. They can feel where we are coming from.

Empathy is a powerful and psychologically pervasive function. Someone that has impeded empathy will have many of the parts of empathy either be non-functioning or functioning less than optimally. A more mature empathy will have all the parts of empathy functioning at or near optimal levels. Things like putting up psychological walls to protect oneself. Knowing the different parts of the empathy, knowing what a thought is, knowing thoughts that are coming from others, know what emotions are and what facial expressions show what emotions. Knowing what sensations are, things like tilting and someone feeling pain and being blinded by a bright light. Knowing how empathy changes over time, that it isn't static, you can have more empathy for someone, and over time choose to have less empathy for someone. And vice-versa, someone can have a lot of empathy for you, and then for whatever reason choose to withdraw that empathy.

When parts of empathy are working very well, and other parts are not working, then we can be said to have an immature empathy. There is no good in knowing very accurately the emotion that a few other people in your life are feeling, and then not knowing anything else about theirs or yours thoughts or sensations. All the parts of empathy need to be combined to be said to have a mature empathy: Thoughts and feelings and sensations going to and coming from the other.

Someone could get mixed up with empathetically receiving the emotions of others, but not know the emotion that they are feeling came from another per-

## 1. *Psychological Problems*

sons emotion, and are not their own emotions. There was a catalyst for the emotion that they are feeling, and that catalyst came from someone else. When the emotions of others get mixed in with your own emotions, then there is a problem with empathy. It is difficult if not near impossible to have empathy for someone when you don't even know what feelings are coming from inside of you and what feelings originated from them.

If someone comes to you feeling very sad, and you find yourself feeling sad and you can't properly trace it back to the sadness the other was feeling, if you feel the sadness and think it is your own sadness, there is a problem with empathy. The barrier that divides your feelings and another's feelings is not there. There is a missing internal boundary.

Other people can have motivations for talking and interacting with us that we need to know about. Sometimes we are with someone, and they can inform us that the person that we were just talking to doesn't like us. This way we learn what it's like to interact with someone that doesn't like us. However, when there is no one around, and we are interacting with someone, we may need to know the motivations of another person. Having an intact empathy will let us know what another person is up to. Having a sense of what they are thinking and what they are feeling and sensing while we are interacting with them can give us some clue as to what they are actually feeling toward us. It actually keeps us safer. There is a balance between having our psychological walls up, and keeping them down enough to notice what others are up to.

When you don't have empathy, you can end up with people that don't have the best of intentions for you. You would end up in situations like this because without empathy, either yours or another friends to borrow from, you won't know what other people are actually feeling toward you and what they think about you. You may end up in a situation where you are getting bullied by a group of people, but if your psychological walls are up you might not realize it. Because the people spent time with you then you may think that you are making friends, when in reality it's mutual empathy that bridges the gap between two people, not just time spent. With empathy you can potentially bridge the gap while knowing whether to bridge the gap with someone or not. You can see if someone would be worth it as a friend or not. However, without empathy working you can very well misunderstand what kind of relationship you have with other people.

The feeling of guilt comes from empathy. If we don't empathize with someone, we won't feel much guilt for what we do to them. If someone doesn't empathize with us, and see us as a person, then they won't feel much guilt for whatever they do to us. We don't feel guilt for the baseball or the bat when we

## *1. Psychological Problems*

swing at and hit a baseball. Baseballs and bats are objects that look nothing like humans. We won't feel much guilt. However, the same can be said of someone that is a narc, they see people as objects and they won't feel much guilt for the things that they do to you. If a narc steals your money or your time and gets away with it, they may not ever feel much guilt for what they did to you. Even when you confront them they won't ever really apologize for what they did, because their guilt isn't there.

This is why the only thing that a narc responds to is punishment. Jail time or prison time, and in some cases physical pain. When narcs interact with people all that they see are objects. The worse the narcissism is, the more the person will see other people are objects. They don't fully process the pain they cause to other people, they don't read the pain of other people, because they have deficient empathy abilities.

The narc with their deficient empathy abilities can cause a lot of pain to a lot of people. When trying to pull out of their narcissistic ways (and if they are too bad they will need professional help) can cause a shock. They didn't notice what they were doing to other people, and may have even thought they were making some good friends. However, the friendships were shallow, and they were hurting people, and they may have not really noticed. When the narc has their empathetic abilities start to wake up, when their empathy muscle starts getting stronger, the past may rear its ugly head. They may look at the past in horror. They will start to look at past friends and realize that they were just maybe acquaintances or just professional contacts, and not really the good friends that they thought they were. They may look back at their lives and start noticing all the people that they hurt and damaged with their impeded empathy. As the narc starts to build their empathy muscle in the present, past instances will come up where they can apply empathy, and they may realize that the expressions on people's faces in the past when they were interacting with them was one of pain, and not one of joy or friendship. This shock may cause the narc to cease treatment. If you are a narc fight this feeling. Fight this feeling to quit and keep on going. As your empathy muscle starts to build, your present and your past may start looking like a house of horrors, something that you don't want to look at and face. Be mentally prepared for this. It may be hard, but it will eventually pass.

When you know what your internal empathetic state is, when you know what you are thinking as you go through your day, when you are good at knowing what you are feeling, and when you know what you are sensing, then it will be difficult to become codependent on another person. You will not have to look to another person for what you are feeling and thinking and sensing. You will

## *1. Psychological Problems*

like the mirroring effect coming from the other person, and the friendship, etc., but you won't be helplessly codependent on the other person to tell you what you are thinking and feeling and sensing. You will start to become interdependent, you need the friendship, however, you won't fall apart if you don't get it, you have other friendships.

People with good empathy skills are dying every time they have to interact with someone with low empathy skills. Empathy skills are so integral to how we humans interact and socialize with each other, that the empathetic person doesn't want to do without them. A person with high empathy skills will see a person with low empathy skills as a drag. There is a drag on the social interaction. It won't be going anywhere. You can only tell and listen to so many stories, and you can only tell and listen to so many jokes, when the subject must come to thoughts emotions or sensations. What one and the other is thinking feeling and sensing, both in the present in the past and projected out into the future. These are how connections are made, and when a person with high empathy has to interact with someone like this there is something missing. It would be like going to a basketball court, and not having a basketball. There is a crucial part missing in the interaction, like there would be a crucial part missing when there is no basketball and there is just a basketball court. Interacting with someone when are trying to pass along empathetic information is like talking to a brain dead individual, or maybe even worse, someone that hates you and doesn't actually want to interact with you. The pain and loneliness of telling jokes and stories, and endless talking about working out, etc. These subjects get beaten down and get old, the information is told and it is done. However empathy never get old, because it is changing all the time. What someone is thinking changes as the situation progresses. What someone feels changes as the situation progresses over time. We want to know these feelings, what we are feeling, what others are feeling, what others are reflecting back to us what we are feeling. It goes on forever. Stories kind of stop, jokes kind of stop, and what is left is the real way to connect. Also, when another person doesn't ask you about what you are thinking and feeling and sensing, it is painful because it feels like they don't want to talk to you about you, you will acutely feel like you are just an object standing in front of them, and that you are not an actual human being. This really sucks. It can actually, if it keeps on going long enough, be scary to interact with someone that is never curious about your thoughts or feelings or sensations. They never reveal what they think about you or about anything. Without empathetic reaching out there is the threat that the other person can be thinking anything about you, even thinking about eating you! You would not know know one way or the other when you are interacting with

## *1. Psychological Problems*

someone that doesn't reveal anything about what they are thinking and comes across as someone that doesn't care at all about what you are thinking feeling and sensing.

If there is one person in a group with real functioning empathy, then they will have the burden put upon them to be the empathy for the people in the group. There needs to be something to keep a group together. When you are at work, that something is the mutual need to make money. When you are hanging out and not at work, there needs to be something that keeps the group together. Mutual activities only go so far. Mutual enemies only go so far. Empathy between group members will keep the group together and tight. If there are three people in a group, and only one of them has a mature empathy, then that person will have to be the empathy for everyone in the group, and for the entire group. They will be de facto called upon to settle little squabbles and disputes that can really only be solved with strong empathic skills. If someone hurts another's feelings somehow, and the two people don't know what's going on and how to solve it, the person with empathy will need to step in and reveal what he thought the one person was doing, and why his actions may have caused the other person to think a certain thing. If these types of arguments aren't handled they will lead to hurt feelings that never get resolved and a breaking up of the group. Also, if these issues aren't handled, the group will just devolve into telling funny jokes and stories and working out in the gym together, but never building the empathetic bridge.

The empathic person will be drained from all of this, because they are only giving empathy not receiving empathy themselves. Others in the group may be markedly uninterested in what the empathetic person themselves is thinking feeling or sensing. The empathetic person will not want to bear this burden for long. The group relationship will not work, it will not function as a group of friends. A group of people set up in this way, where one of the people is the empathy for the whole group, will take on a parent/child dynamic. The person with empathy will not want this dynamic for long, and will start to look for other ways to socialize. If the empathetic person is in this group for a long enough time, they may just ditch their empathy and just become someone that tells jokes, talks about sports, and drives a fancy sports car that he can impress others with.

There is a whole world inside each of us, a whole inner world of thoughts emotions and senses. The whole world isn't even contained inside of us. When we interact with others that inner world leaks out of us through facial expressions and body language and voice tone. It's as if our inner world wants to be discovered by others. When we look around we see that the inner worlds

## *1. Psychological Problems*

of others want to be discovered also. That inner world is being built up and changes every second of every day of every waking moment as long as we are alive. Our feelings, our blended feelings, our unique thoughts and the way we sense the world, are being acted on by everything contained in the world including other people. When a person with high empathy interacts with a person with impeded empathy, a whole world is blocked off. The person with low empathy will never talk about thoughts feelings and sensations. This is part of empathy and this is not important to them. The person with high empathy will try and steer the conversation over to these topics as a matter of course. The person with low empathy will not see the value in these topics, and will miss the point of the whole thing. These conversation topics are a part of empathy, and since empathy is not important, the person with low empathy will not engage in these topics.

There is a pervasive evasion of talking about thoughts or emotions or sensations. The person with low empathy has the skills to talk about these things, they are just not being used very well. The skills may be a little rusty. The empathy muscle is weak. The teaching might not have been there. However, there will be some natural pull to talking about thoughts emotions and sensations. The emotions are there, the thoughts are there. However, the person with low empathy skills will force these thoughts away. There will be a constant push to make true the idea that empathy is optional, and not very important anyway. It's draining to watch someone fight their natural inclination to connect empathetically with another person. It's difficult to see a person crawling when you know they can walk. The person crawling instead of walking may have to practice walking again when they have been crawling for a long time, but that walking skill can come back. It's draining to see someone not want to change their views on empathy, to react back with narcissistic rage when they are being brought to an empathetic relationship or dynamic.

Someone with empathy is not going to want to interact with someone with low empathy for very long, it is very draining.

Imagine kicking a soccer ball as hard as you can. As the soccer ball absorbs your kick and sails away, you don't feel very bad for the soccer ball. The soccer ball is not a human. A person with very, very, very low empathy can kick a person the same way they kick a soccer ball, it won't bother them much at all. A person can kick another person and not feel anything when they see the other person as an object. This is the feeling when talking with someone with low empathy. They can say anything to you, and your emotional reactions won't ever reach them. They can do anything to you physically and your reactions in regards to sensations won't ever reach them. Spending very much time around

## 1. *Psychological Problems*

someone that has low empathy feels like you are becoming less and less human – you begin to turn into a punching bag. It is dehumanizing to hang out with someone that never is curious about your thoughts emotions and sensations. You will feel less and less human the more you hang out with someone that is low on empathy. It does not feel good to feel like you are less and less human. In fact, it can feel angering to be ignored by someone, even when that someone is telling funny jokes and good stories. When you have low empathy other people may have gotten inexplicably angry at you for dehumanizing them in this way. People that are dehumanized will fight that kind of treatment, sometimes by walking away, sometimes with real violence. A human being does not want to give up their humanness, and yet by hanging out with someone with low empathy skills you are being asked to do exactly that. To give up your humanness, to submit to subhuman treatment. Even if the person buys you things and pays for all kinds of things, without a regular exchange of empathetic information you will begin to feel dehumanized, and you will hate that kind of behavior being done to you.

We naturally recoil from someone that has low empathy abilities when they are interacting with us. When we have mature empathy we know when someone has low empathy. We know this because we use our empathic abilities to see what the other person is thinking emoting and sensing. This requires us to be empathetic with someone just long enough to know that we don't want to hang around them anymore and to get away from them. However, there are people that we know that we can't get away from very easily, or that we have some kind of history with. Maybe a family member that enters our orbit frequently. Or maybe a traumatic one-time violent act was done to us by another person, something that we can't soon forget. At times we may have to have a lot of empathy for such people in order to understand and work through what happened, however, it doesn't mean that we actually have to seek them out and hang around with them. We need to know exactly where someone in our orbit or past is coming from. Even though we choose not to hang out with them we need to see what they are thinking, what they are feeling and sensing, and see how bad their actual lack of empathy is. However, although this exercise is important, what's not important is that we hang out with such a person. Having empathy for a person does not mean that we have to hang out with that person. Empathy will be important in understanding what happened with that person and keeping us safe from that person and people like that in the future.

Imagine a violent criminal in prison. When the crime they committed is reported in the news, we always seem to want to know, "Why did they do it?", "What was his motivation for the crime?", "Did he leave a note or message, or

## *1. Psychological Problems*

did anybody see this coming?". We want to know these things because we are building up our empathy model on this person. We naturally want to start to empathize with such a person, so that we can know what was he thinking feeling and sensing that made him do the thing that he did. We want to know this information so that we can protect ourselves from someone that we meet doing the same thing to us. Also, we don't want to become such a person, so we need to know what they were thinking so that we don't act the same way as they did. So that we can know what would make someone do something like that, we need to use our empathy skills.

Most crimes are crimes of lack of empathy. The judge wants to know during a trial if the defendant felt or feels any true remorse. The judge wants to know if the person can or will empathize with their victim or for anyone else for that matter. A judge is going to have a hard time releasing a criminal back into society that sees other people as objects! We need to know, society needs to know, can this person empathize. Was this crime a total accident, or a lack of empathy.

We can empathize with a hardened criminal and never want to hang out with them. We can't build the bridge of friendship for such a person that isn't able or willing to build the bridge back to us through empathy. Having empathy is for our protection and our knowledge, but it won't lead to a friendship because that person won't be able to be mutually empathetic.

We watch true crime shows on television so that we can empathize a little with the criminal, and live out our fantasies of what it would be to rob a bank or commit some other crime. However, the person with empathy will never do the crime, or hang out with criminals, but will only live the fantasy for a short time through a television program or movie.

Empathy is so essential to our living and happiness and social interaction that a person with mature empathy skills may have a hard time understanding someone with low empathy skills. It's difficult to know how someone cannot know what emotions are and how they are expressed. Once empathy skills start catching on they become integral to how you react and interact with everyone. Someone that doesn't feel or acknowledge any of their emotions looks strange. It's difficult to understand why anyone would live life that way. The whole realm of empathetic communications seems so utterly important, it's confusing why someone wouldn't do them. It's a puzzle. Even someone that had impeded empathy some years before might forget what it was like to disregard empathy as being important in human communication and interaction. Disregarding empathy quickly becomes something that you stop doing. Interacting with a narcissist or codependent becomes uninteresting, because a narc or a

## *1. Psychological Problems*

codependent will never build a true and real bridge of empathy. Narcs and codependents become obvious to a person with mature empathy. There is no desire to be around a narc or a codependent when you have a mature empathy. There is just nothing there that you would want. You couldn't even fake having a good time with a narc or a codependent. All you would get is real pain from hanging out with a narc or codependent. The ROI (return on investment) is not just terrible, it's in the negative. You will lose much, much, more than you will ever gain hanging out with a narc or codependent. And if you are a narc or codependent, people with mature empathy don't want to hang out with you, they stay away from you and hang out with other people behind your back.

A person with low self- and other-empathy will look like someone that is thwarting their own empathy skills. It looks weird, there is a question of why someone would thwart and diminish and cover up their own empathy skills. It just seems unheard of. This may be the feeling of someone that has empathy even though they may be a person that five years ago had very little self- and other-empathy of their own. It can be difficult to remember what it was like in the past.

In general an individual human cannot survive on their own. They need a society to support them. Survival depends on human connections, and human connections rely on empathetic skills. Without empathetic skills a person will be rejected by society. You will be able to work a job, but not much more than that.

There are really two groups of people. We can divide the population of the world in different ways. For the purposes of this document we can divide the world population along the lines of empathy. We can divide between mature empathy and impeded empathy. On one side we have the individual people that have low to no empathy. These people include the narcs and codependents, anyone that has very little empathy. These include rich people with low empathy and even some powerful people that have low to no empathy. These are people with low self-empathy and low other-empathy or even medium self-empathy and medium other-empathy. With this low empathy group we can draw a big circle around them and group them as one big group. There is another group that we can describe as having either mature empathy, or high self-empathy and high other-empathy. This group has a big circle around them.

Now we have two groups of people. There is a group with low to no empathy, and one with mature and high levels of empathy. These circles do not overlap. Meaning, you are either in one group or the other, there is a definite divide between people with empathy and those that don't use empathy very often.

## *1. Psychological Problems*

When you look at the group with low self- or other-empathy you will find lonely people with no friends and very few personal connections with other people. In this group you will find people that maybe work for a living, but don't have very many connections outside of the workplace. They are full of narcissists and codependents. The people in this group might think that there is something wrong, but not know that it is their lack of empathetic skill that is keeping them separated from others. People in this group will have a high level of suicide and suicidal ideation. They go to therapy because they have to. They may do well in school however they don't feel comfortable at parties. The people in this group rarely interact with one another except in a type of exploitative relationship.

When you look at the group with mature empathy, or at least some high levels of empathy, both self- and other-empathy, you will find a different picture. These are the people that connect with others, are comfortable at parties, are comfortable with meeting new people. They know who they like to hang out with and they know who they don't like to hang out with.

Let's take a look at how these two groups interact. They don't. The group with high empathy avoids socializing with the group with low empathy, at all costs. The group with low empathy skills will try and interact somewhat with the group with high empathy skills. The two groups though will mix like oil and water, meaning they don't mix, they separate from each other. Neither of the two groups understands the other. The people with low empathy don't understand why the group with high empathy puts such an importance on empathy. The low empathy group can't see what they would get out of empathy. The low empathy group has been without empathy for so long, both giving it to others and receiving it from others, that they can't imagine what you would use empathy for. In fact, the low empathy group may be insulted at the idea that they lack something important in their psychology. As if it's a settled question that empathy just isn't that important to their psychology. The lie has been pressed down so hard on them that they just keep on believing and repeating the lie, no outside forces needed. The belief that empathy is unimportant just perpetuates within them. People with low empathy can only hang out with the people with low empathy because the people with high empathy don't want anything to do with them. The high empathy group avoids this low empathy group. The only overlap between the two groups may be in a work type situation, other than that each group kind of hates the other and doesn't understand the other.

For every talk in psychology about what is normal and what is healthy, I put forth that there is a constant in what is healthy and what is normal in human

## *1. Psychological Problems*

psychology. That is that empathy is the basis, the foundation, on how human connections are made. From empathy will grow some as yet un-described, and maybe as of yet unwritten, socially connective psychological structures, but those will not grow unless empathy is in place. The soil of empathy is where all of that grows. Without empathy none of that grows. The more empathy, the more will grow. It is humanly, and psychologically, imperative, to get a firm, personal, understanding and a firm grasp on your own personal empathy.

Those with mature empathy will need to soon realize that there are many people out there that suppress their empathy. That their natural recoiling from non-empathetic people is normal. It's as if the empathetic person is watching someone that has a device on their mouth and nose that is cutting down their supply of life-giving air. They wonder why someone would do that to themselves. It's almost too hard to watch. It's also impossible to socialize with that kind of person. People with healthy empathy skills do not like to hang out with codependents or narcs. A person with mature empathy skills will feel like the narc is ignoring them, that the narc is ignoring them as a person, as a human being. A person with mature empathy skills will only be offended and put off when they are in the presence of a narc or even a codependent. They will only spend as little time as necessary to take care of business with the narc and codependent, and then re-form their life back to a group of people that understand empathy.

It may be difficult to find those that have empathy, as they have been avoiding you for a long time. Also, when you are increasing in empathy you might not clearly fit inside any of the two circles of those with no empathy or those with empathy. Those without empathy might discourage you from growing in your empathetic abilities. The ones with non-empathy might try to bring you back down to their level. They don't want to see someone succeed, but they also don't want to look at themselves and see where they are deficient in themselves in understanding the emotions, thoughts, and sensations of others. When they see you growing in empathy, they will double down in their belief that empathy is not important and is something that is not necessary. People with non-empathy might freak out when you try and approach a conversation with them with empathy. People with non-empathy are not comfortable at all talking about thoughts and feelings and sensations. When you are trying to increase your empathy skills it might be difficult to consistently find someone to talk to. People with high empathy skills would have trouble talking with you because you are still straying away from the important topic of empathy. While gaining in empathy you will fail to notice some of the emotions expressed by the person with high empathy, and this will start to turn the person with high

## 1. *Psychological Problems*

empathy off to you. People don't like to converse very long with someone that is offending them, and you offend someone with high empathy when you more often than not disregard their feelings and thoughts.

Growing from non-empathy into empathy can be a shock to the psychological system. It can seem lonely because the people that you know from the past will start looking less and less empathetic. They will actually start looking less and less human as you go back in memory and notice the people that you were used to hanging out with show signs of impeded empathy. You might look on in horror and the people that you idolized are no longer an idol to you. Business people, rock stars. You might notice an interview with an idolized business person, or an idolized rock star. You might notice something that some of them have. Some of them have a thirst for power and power in itself is not bad at all. You can have empathy and power at the same time. Just, when you don't have empathy you may idolize others that don't have empathy either. You might have idolized people that were in the same grouping as you, the group of non-empathetic people. You may watch on in horror as the people that you idolized start looking different. But they aren't actually changing, it is you that is changing. You are starting to see the people that are narcs and codependents and that are in the grouping of people with low empathy. You may be watching the latest interview from your idol, and be startled and horrified as you notice that they aren't reacting or reflecting back any of the emotions that the interviewer is giving out to them. You want your idol to have empathy, because empathy seems like the way to go. However, as you look closer and closer to the interview between your idol and the interviewer, you can't detect very good empathy – sometimes from either of them. Your love and adoration for your idol may start to decay and fall apart. In fact, as you look on to your idol that has low empathy, even when they interact with their own family members, your heart might break. You might wonder what you ever saw in that person. Don't worry. You saw in your idol something that was in you, and since you are changing, you no longer see in your idol the same things that you have in yourself. You will find new people that have mature empathy to look up to.

This means that there are a lot of people that don't value empathy. As your empathy skills increase, you won't see the whole population of the world as potential friends. You will see the population as a collection of people with high and people with low empathy skills. The number of people that you want to be around starts to limit itself. This is called 'only hanging out with high quality people'.

Let's say there are three people hanging out and talking with each other. Two of them have mature empathy skills, and one does not. The one that does not

## *1. Psychological Problems*

have mature empathy skills will keep taking the conversation to funny jokes or funny stories. They will try and impress the others with how much money or power they have. Not just to let them know their financial situation, but to try and impress them. The two that have high empathy will be exchanging their thoughts on theirs and the others thoughts emotions and sensations.

The person that has little empathy will drag the group down. They will be a drag. As in you tell someone that they are a drag to be around. They drag the conversation down away from empathy and into other, although important, rather disconnecting subjects.

What will happen is that over time the two will reject the third. This will happen over time. They might not yell at the third and throw him out right away, with an admonition to learn some manners. They will, over time, not invite the person into their circle of conversation. In a few days the third may find himself not invited to gatherings that he never was even told about. People don't want a drag around.

Like a bacterium pushing out waste, the empathetic group will push out the un-empathetic person or people.

When a narcissist does so much psychological damage to someone, that someone may choose to go no-contact with that narcissist. This means that all communications cease between the narcissist and the other person. No phone calls and no emails and no hanging out. It's an abrupt rejection. This is not done because we want to be mean to the narc. This is also definitely not done to teach the narc a lesson about how important empathy is. But because the narc lacks empathy they can do so much damage to a person, and they can't build any type of relationship anyway. We aren't trying to change a narcissist by going no contact. We are just trying to save ourselves and our sanity.

If someone has low empathy or no empathy, you will just naturally cut them out of your life. You barely have to even try, you just will be so drawn to people that have empathy (ie people you can make friends with), that you just won't have the time to spend with people with low empathy skills.

If you don't have empathy in the group that has empathy, that group will stay away from you. They're not singling you out and trying to be mean it's just that they naturally stay away from you: the person with no empathy. It might not even be a fully conscience action on the part of the group. People without empathy are just seen as not interested in being with the group. Even if the reason that you have low empathy is because you have impeded empathy, and not some organic issue, the group may just assume you don't want to be a part of them. It's heartbreaking, especially when you don't realize or know that the reason that you are being rejected in this way is because your empathy skills

## *1. Psychological Problems*

are lacking. When you don't know the reason is your own lack of empathetic curiosity in others, you may be left confused as to why someone doesn't want to hang out with you. Now you know.

It's as if the group has an empathy and the group must protect itself. Almost as if the group itself has it's own emotional energy that it wants to protect. The group seems to have it's own psychology. When two people meet and interact with each other there is a third entity that is formed. That third entity that is formed is called 'us'. When two people start interacting with each other there is an 'us' formed. So now one of the people interacting has three things to keep track of. They have to keep track of themselves, of the other person, and of the 'us' that is formed by them and the other person. The 'us' isn't a mysterious entity, it is made up of the psychology of the people in the group. Sometimes this 'us' will seem to want to expel someone from the group.

Empathy can be turned off. A psychological wall can be put up around you to protect you. You largely ignore the person that has low empathy, and only interact with them in a superficial way, just enough of an interaction to keep things civil and nothing else. Turning off empathy is giving vague type answers to someone when they ask a question or make a statement. The conversation is as bland and as dry as possible, and is not made to keep the conversation going. People with empathy don't like to do this very often because having bland vague conversations is not fun, but it is necessary when dealing with a narcissistic psychic vampire, or even a codependent psychic vampire.

You can't be fully human without empathy. Empathy is welded and tied directly to being human. Denying empathy is denying humanness, which leads to mental un-health every single time. Can't have love without empathy. Can't have friendship. Or marriage, or strong communities or strong families. Family the basic unit. Family is the basic unit of closeness.

You can only disregard people that don't have mutual empathy. How can you love someone that consistently ignores you or ignores themselves. When you have empathy you will see non-empathetic people as hating you. You reach out with your thoughts and feelings and wanting to know their thoughts and feelings, and when there is nothing coming back in return you can only surmise that they must hate you. It is hard to know, or realize, what the issue could be. Someone ignoring your thoughts and feelings, and not wanting to share their thoughts and feelings over time, will feel like an attack.

No one wants to hear what you have to say unless they believe you have empathy for them. We only tolerate others that have not shown empathy for us.

One reason to not want to hang around with low empathy people is that

## 1. *Psychological Problems*

low empathy leads to mental health problems. Low empathy leads to no relationships which leads to mental problems. Low empathy people are draining because in order to socially interact with them there is a stunting or blunting of our empathy, which can lead us right down the road to the mental issues that the one we are dealing with is presently going through. There needs to be empathy. If there are people there with low empathy, then the person with the higher empathy will need to carry the empathetic load for both or for multiple people. This can be taxing and is not indicative of a real relationship.

You will not see empathy in action in the real world if you don't already have empathy skills, because people with empathy will naturally avoid people without empathy. Your first and last time to learn empathy was from your parents and close family, and if they didn't teach you then you most likely will never learn, unless you discover what is missing and make the effort to learn it either on your own or with some help.

When seeing other, non-western, cultures interact, they probably have more empathetic interactions, and thus will look odd to our western eyes. The things that they emphasize in a conversation will not be the things that we would emphasize.

Being around a truly empathetic group will increase your empathy skills. Being around people that aren't empathetic will decrease your empathy skills. Hanging around people that are very non-empathetic may turn you into a narc yourself, just like a vampire turns others into vampires by biting them. The narc may "bite" you and make you want to discard your empathy skills altogether.

Increasing empathy will clear up mental health problems. It gets us closer and closer to reality, which always helps. "nobody was ever hurt by the truth". Healthy people are close to reality, unhealthy people are away from reality.

As you age and go longer and longer with an immature empathy (narc, coda, BPD, etc.) the mental disorder will intensify. Over time the person without mature empathy will get sicker and sicker. The psyche is starved of this essential thing and is looking for a solution, so it pushes harder in the sickness. The psyche will 'double-down' on its coping mechanisms. The psyche will have a hard time 'finding its way home' to empathy. Because empathy is so necessary that it is usually and naturally taught as a young child to the child, and when it's not taught and is not fully there, when it isn't present there is a huge part that is missing. Empathy is as necessary as breathing, and not teaching empathy to a child would be like not teaching a child how to breath. Or, to punish and try and extinguish empathy from a child would be like teaching a child how to breath wrong. Having impeded empathy is most likely a situation that is learned through behavioral modification techniques. The structures are still

## *1. Psychological Problems*

there, they just aren't being used properly. The coda/narcs have the structures there, however they are being actively unused. If the learned behavior is too strong, the person may never find themselves back to empathy on their own. They may need some type of outside help.

Running around in this world with no empathy is like growing older by age, but staying like an immature child on the inside. The right thing to do is to become mature, and to do it as quickly as possible. Start with strengthening your empathy muscle! All relationship skills start as their base with a strong empathy muscle in both parties.

Without empathy we are leading a very dangerous life. We won't know who to trust, because we can't see where another person is coming from. We won't know what the motives of another might be. We can't do these basic things without a good grasp of empathy. So we go through life and we meet people, we meet groups of people. When we meet these people we have no to little idea what their motives might be or whether to trust them. We will end up in dangerous situations when we decide to hang out with people that have bad intentions for us and that are untrustworthy. We will put ourselves in situations that are not in our best interest at all.

A false self grows out of impeded empathy and using this false self to interact with the world is dangerous. You will not know when someone is attacking you and doing psychic harm to you. You are at most risk when you mute your own empathetic abilities, and start relying on your false self. You will miss all kinds of subtle, real-time, very important, cues coming from other people or groups of people. You will also miss cues coming from you! Yes, you will not be reflective and understanding of your own thoughts and feelings, and you will be lost as to what to do and where to steer your life.

Empathy is the basis of learning who to trust. With empathy we can see their intentions and we can see their humanness.

Without empathy, you can't read the room or the person or the situation accurately. With impeded empathy you will feel "alone in a crowd". When in a crowd and feeling "alone" reach out with empathy. Start reading other people's facial expressions. Try and get to what others are feeling, what they may be thinking and sensing. Have that in mind as you start to interact. Look for relational connections between the people. Look for who is with who and what are they doing with each other.

Empathy makes it hard sometimes to see and admit to yourself that someone really does not like you the way you thought they liked you. You may come to realize that they aren't really laughing at your jokes, they are just being polite. Without empathy we may think someone is a friend when they are not.

## 1. Psychological Problems

Some people are so oblivious to the importance of empathy for relationships of all kinds, that they will say that they are close friends with someone or some group of people, even though all they have are slight acquaintances. They believe these unfulfilling non-empathetic relationships are actual friendships. Lacking empathy for themselves (codependent), they start to believe that these are friendships, and they don't notice that deep inside they can have better friendships.

People with low empathy are easily manipulated. They are easier to enrage because they live by their false self, and the false self they live by is very flimsy and has many holes in it. They live in their own constructed world, they are not in reality. The reality of any social situation is the thoughts and feelings and senses of others, present past and future. Some people that have empathy may not want you to gain empathy, because then you will know and understand what they are doing to you and to others. Because then they won't be able to manipulate you and push you along ie a boss, a parent. Those in power with just a little bit of empathy will not want you to have empathy. Because you not having empathy for yourself means you won't be able to think for yourself and make right social decisions and you won't be able to challenge their power. ie in the land of the blind, the one-eyed man is king. These types of people aren't looking for mutual empathy, they are looking for power. They are running empathy scripts, which can become very close to looking like empathy, but scripts and rules are what narcs rely on to get through the day, and to bolster and strengthen their false self.

When you have impeded empathy you can have someones empathy used against you making you think you have a friend, when you actually don't. Let's say there are two people, Ivan and Will. Ivan has impeded empathy, and Will weaponizes his empathy. Will and Ivan meet. Will has the most empathy of the two. Will can be the empathy for themselves as well as for Ivan. Will knows what Ivan is feeling and thinking and sensing to a very accurate degree. Ivan has trouble knowing what he is feeling and thinking and sensing. Will had medium other- and self-empathy. Ivan has low empathy abilities. Will can carry Ivan when Ivan has misunderstandings in his empathy. However, Will can carry Ivan in such a way that Ivan doesn't really know Will is doing that. Will can be empathy for both him and Ivan. Ivan can get the impression that there is a mutually empathetic relationship being formed between him and Will. However, what is happening is Will is covering for Ivan's lack of empathy skills. Ivan thinks he has a friend, maybe his only friend. Will can then use this situation to manipulate Ivan. He can manipulate Ivan because Ivan has abrogated his mature empathy skills and is using Will's empathy instead. Will can

## *1. Psychological Problems*

now control Ivan because now Ivan lives in Will's reality.

The kind of situation that is happening here between Ivan and Will is only good for a parent/child relationship, as the parent is bringing the child up to mature empathy. Because Ivan is an adult, we would have to call him a man-child. This means a person that is adult in body and in age, however has immature, or impeded, empathy. You can't be an adult with impeded empathy. Will, who is not the parent, may never want Ivan to gain his own mature empathy skills. Will may want Ivan to stay immature so that he is more easily socially manipulated. Will may like the god-like power that he has over Ivan, and may not want to give that up.

If Will really wants to help Ivan, then most of their talk and interaction needs to center around bringing up Ivans empathy levels.

Having your very own mature empathy skills will keep you from being manipulated like Ivan here, it will keep you aware of what others are doing. It will keep you aware of what others are saying about what someone else is doing to you.

Without empathy you can't have personal boundaries. It will be impossible to have boundaries. Having psychological and physical boundaries is a basic psychological chore that remains out of reach of the person with impeded empathy. You will never know whether to let someone closer to you or to keep them far away from you. During a dynamic social interaction you will never know, from one moment to the next, what kind of behavior is acceptable from someone and what kind of behavior isn't. When you don't know where someone is coming from or how much to trust them you will never know where to draw the boundaries between you two. With impeded empathy talk of boundaries and how to create them will be meaningless and useless. You won't know where to make these boundaries.

With mature empathy you can tell in near real time the boundaries that you can draw between either you and another person, or you and a group of people. You will also know when and how to re-draw the boundaries between you and others. You will know whether to bring someone closer, or to push them further away.

When low on empathy, it is not possible to just walk away from a narc relationship. You are probably in that relationship because of your lack of strength of your empathy muscle. There may be no place to go, because without a strong empathy muscle you will just end up with another narc/codependent. People with strong empathy muscles will not want you around them for very long. The only solution is to do whatever it takes to strengthen your understanding of empathy, and to strengthen your empathy muscle. It won't come from more

## 1. Psychological Problems

money, success, etc. Money and success can just attract more narcissists to you. It will only come from strengthening your empathy muscle and maturing it. It won't come from reading relationship books, none of that will matter if you don't have a strong empathy muscle.

Without mutual empathy skills you are low in sociability. You can turn this around, or not, it is up to you. Social people see you as parasitic, and will get away from you as quickly as possible. Once your empathy skills begin to strengthen you will be very weirded out by people that have little to no empathy skills. You will naturally want to get away from them. You will feel repulsed. You will want to spend as little time as necessary with them, and then afterwards you will want to get to your group of friends that value empathy.

Rugged individualism is a scam. We humans are not lone creatures that can survive on our own. We need our tribe, we need our family, our group of people. We are not lone unsocial bacterium, we are humans that have sociability hardwired into our brains, into our very nervous system. A rugged individual may disdain socializing in order to keep the appearance up that they don't need anybody. However this is eventually to the detriment of that individual, as the interconnectedness of all of us is important for the individual to understand.

Most likely the saying, "power corrupts, absolute power corrupts absolutely", comes from the effect that power can have on empathy. If not watched for, when power goes up, empathy can go down. When dealing with large groups of people empathy for any one individual person will go down. Atrocious acts can be done when empathy is down. I doubt any dictator or tyrant has a good family or friendship life. It would be difficult to be a tyrant during the day, and a mutually empathetic person in the evening.

Empathy is the most basic human socialization skill. Without it NOTHING else will work. Things like "listening skills" or non-violent communication will not work without empathy being the basis for it all. Most problems in doing these techniques is that empathy is not considered mandatory by the student/patient/participant/person.

Without empathy it is impossible to navigate life, because so much of what we do (work, family, community) relies on accurately reading the people around us. Not that we are friends with everyone, we just need to have a read on as many people as we meet as possible. Hopefully we find some people that have mutual empathy capabilities that we spend the bulk of our social time with.

Unless there is mutual empathy there can be no relational progress. Empathy needs to grow over time. When there is no empathy we can have a shallow acquaintance, and a shallow acquaintance can't grow in any way that is positive for the individual.

## 1. *Psychological Problems*

Impeded empathy leads to no human relationships along with completely inaccurate views of other people. This leads to mental illnesses. Without an accurate view of others motives we will assign random motives to them. This leads to no one wanting to be around you because you have such inaccurate views. This leads to a downward spiral or isolation.

The saying "what other people think of me is none of my business" is a total farce. When you don't know what other people are thinking of you then you won't be able to interact with them. You won't be able to get close to them. Knowing what others think of you is a core tenet of empathy. You will not be able to get close to someone when you don't know what they think about you.

We are not lizards, lizards don't seem to have empathy. They don't seem social.

"clueless" means you don't understand the importance of empathy, and you aren't reading the people around you, or the room, or the situation.

"creepy" is a person that has low empathy, either for themselves or others or both.

"Some people are so poor, that all they have is money."

A "relationship" without empathy is just an acquaintance or a cooperation.

### **1.4. What empathy isn't and what doesn't work**

We need to go over what empathy is not. When the concept of empathy comes up there are ideas that come to mind. Ideas like sympathy, or being helpful, or compassion. These things that may come up are not empathy. These are individual actions that may or may not come about with empathy. Whether they come about from empathy doesn't mean that they are empathy. They are actions that may come up through a decision that is made to act that way.

Empathy is just knowledge of how the situation really is. How you react to that knowledge is up to you. You can ultimately react in many different ways.

Sympathy is a type of pity for another person. Empathy doesn't necessarily lead to sympathy or pity for another person.

There is almost no prescriptive action needed in order to have empathy. Empathy is almost an all internal state that may lead to certain actions. The actions that empathy leads to are undefined when empathy is being explored. There is no set action that someone with empathy will take in regards to another persons actions. Sometimes empathy will lead to actions that look like they are mean when taken out of the context that they are happening in.

Being compassionate is another form of sympathy. It is showing concern for

## *1. Psychological Problems*

another. This is not something that empathy always leads to. When we are faced with someone that has low empathy skills we may not want to show concern for them, we might want to just get away from them! Empathy doesn't lead to compassion at all times. There is no bounds on empathy, it doesn't lead down one path only. There are multiple places where empathy can direct a person toward.

Empathy doesn't tell you what to do. Empathy is like the gas gauge in a car. It tells you what the gas levels are in the gas tank of the car. It doesn't tell you when to put gas in the car. And when you do eventually put gas in the car, it doesn't tell you what gas to put in the car, or how much you should fill the gas tank up. These are all decisions that are made apart from what the gas tank is telling you. The gas gauge in the car is part of the whole automobile. Just like empathy is part of the whole that makes up human psychology. It is a part of the whole person.

Empathy doesn't give the direction that you need to take. When you see someone with low empathy skills and you feel like leaving, you may go against your better judgement and decide to stay. You may stay against your own best interest. It may be wrong to stay long with someone that isn't reaching out to you with empathy of their own. But you may stay if you choose. Empathy won't make you leave. It may give you a push to bolt. However, we can internally overcome that push and stay if we want. Our empathy may keep nagging us that something is wrong but we can ignore it if we so chose.

Empathy gives you the information you need to act. When we look at someone through an empathetic lens and put ourselves in their place we get information about where they are coming from. We get information about what their motives might be for themselves, for us, and for the other people around them. We start to understand their beliefs about themselves and the world around them. This information will make it easier for us to stay out of trouble, and will make it easier for us to find a friend.

Without empathy you will be reacting blindly. You won't know who is a friend or who is a potential friend. You won't know who to trust. You will be blind to the social situation that is around you. You won't know if a friend has changed their mind on you and is now indifferent to you and your situation. Others have empathy, and they can overcome their empathetic urges to connect and disconnect with you. Couples break up and husbands and wives get divorced all the time. We can only see these things coming when we have our empathy skills up and running, every day and at all times, even with the people that are closest to us. The people in our lives are autonomous beings, and as such they can leave us at any time. They can also surprise us and stick with

## 1. *Psychological Problems*

us when the going is tough. It is up to our empathy to understand how each person in our life is relating to us, and how that relation changes over time.

Empathy that is functioning will be functioning more often than not in near real time. Over time we will get a picture of what is going on with the people in our lives and their changing relations to us.

### **1.5. A movie analogy**

An analogy for mature vs impeded empathy might be to imagine a two hour movie that is well done and well put together. Imagine that you have not seen this movie yet, and that you also have not heard a description of the movie. Now imagine that you are given screenshots of the movie, eight in total. That means that around every fifteen minutes of runtime of the movie, at a random time during that fifteen minute stretch, a screenshot of the movie is taken. There are eight fifteen minute intervals in a two hour movie, so that would lead to eight screenshots of the movie. Imagine still that you have not seen the movie or heard any description of the movie, and that you are presented with these screenshots of the movie. Lets say that the screenshots of the movie are in the order that they will ultimately appear in the full movie.

As you look at these screenshots you are tasked with trying to figure out in your mind what the movie is about. As you look at the eight photographs you may see some characters in some of them, you will see the locations that they were set in. You will hear no dialogue as these are just photographs. As you peruse the photographs, you may see the same character appear in what looks like around six of the photographs. You might start to deduce that this is the main character of the movie because they are in so many shots. Looking around at the photographs we may wonder what the story is about. With the eight photographs we start to come up with possible scenarios. We may try and assign motivations to the people we see in the screenshots. We will try and figure out what the movie is about. We may wonder if it's a romantic movie, or an adventure movie, or a comedy, or just an overall artsy movie. All this time that we are looking at the eight photographs the full and completed two hour movie is sitting on the hard drive of a computer.

Looking at the eight screenshots we might come up with many, many different scenarios of what the movie may be about and what the people in the pictures may be doing. We have such little information that we might start to despair as to what is going on in this movie. So many different options to choose from, and so many options that seem like they might be the right

## 1. *Psychological Problems*

one. We may be able to fit a romantic movie or a comedy into those eight photographs. We know there is a movie that was made that explains all of this, and we know that during that two hour movie we will, however fleetingly, see those eight screenshots, because we know those screenshots came straight from the movie file.

The above scenario is set up to give an example of someone that has a limited empathy. An empathy that is turned off most of the time, and only turned on occasionally. A person that goes through social situations without noticing the thoughts and emotions and sensations that others are going through is going to be like the person trying to deduce the plot of a two hour long movie when they are given only eight screenshots to do so. Mistakes will be made, the reality of the movie will not be clear. The person that has little empathy will only see snapshots of what others are going through, and therefore, will not be able to find out what others are actually going through. It will be difficult for someone that has limited empathy to know whether two people are romantically engaged or if they are just having fun joking with each other. The person that dips in and out of empathy at whim or at random during an interaction will only get small snapshots of the social encounters.

There is another parallel as it pertains to empathy. Someone with impeded empathy will only get part of the social information when they ultimately do turn on their empathy. Because their empathy skills are unused and partly covered they will not see everything that they could see when they finally look at the people around them. As the social interaction is moving quickly they may miss some of the social cues of what is going on around them. The parallel with this and the above analogy is that the person tasked with looking at the eight photographs and finding out the plot of the movie cannot hear the sound of the movie, as they are only looking at screenshots of the movie. The above person looking at the screenshots not only is only seeing a small slice of the movie, they are getting incomplete information. They are at a disadvantage even as they look closely at the eight photographs, just like the person that occasionally turns on empathy while interacting with others.

The analogy continues. A standard movie or television show has a frames per second rate of 24. This means that every second there are 24 frames of the movie shown to the viewer. In two seconds, 48 frames of the movie will have gone by. The frames in this example are exactly like one of the eight frames that were shown to the person above. In a two hour movie there are 7,200 seconds of runtime. Meaning, a two hour movie takes 7,200 seconds to watch. With a frame rate of 24 frames per second, that means that a two hour movie, with 7,200 seconds of runtime, will show the viewer 172,800 frames. Or, put

## 1. *Psychological Problems*

another way, 172,800 screenshots. This is a lot more screenshots than the eight the viewer was given above! This is 172,792 more screenshots than the viewer was given to deduce the plot of the movie. Take the eight screenshots that they were able to look at, and add the 172,792 more screenshots they can now see when they watch the movie, and they are able now to look at all 172,800 frames.

Now in our analogy, lets suppose that the viewer is able to view those 172,800 frames, in order, in the way the movie maker had intended, however there is no sound yet. Just the frames, in order and at the speed that they were intended. Now the observer will be able to have a better chance at surmising the plot of the movie. Now they can see actors moving across sets, and talking to each other, even though they can't hear the words that they are saying. They can see, over the time of the movie, the scenes change to different locations and camera angles. They can see the cameras following the actors, and the players doing different things. Much easier to see who is doing what to whom.

Now that we can see all the frames of the movie, even though we can't hear the sound, we will have a much better idea of what's going on, and may even have a much more enjoyable time with the characters on screen. We might assign motivations to characters and try and see where the flow of the story is going. We may start to figure out who are friends in the movie, and who are enemies. By seeing all of these frames our empathy for the characters will increase, because we will better see their thinking, their emotions and their sensations. We will see scowls and smiles in reaction to the different parts of the movie that are taking place. We may like some of the characters, even though we can't hear them, and we may despise some of the characters at the same time. Our connection to the story and to the characters will grow.

This connection is similar that has a semi-functioning empathy that is working more often than not in the social situations that one would find themselves in. They will still get some things wrong because they still aren't able to see the whole entire picture. Remember in our updated analogy we couldn't hear the sound in the movie, we could only see all the frames in the movie. With someone with semi-functioning empathy that is turned on more often than not, there may be mistakes that will still be made in knowing what others are up to, however there will be many less mistakes than the person that has empathy turned on only sporadically. A person even with a basic understanding of empathy, that has it turned on during a social interaction, will understand far more about what is going on than the person that has empathy turned off or has it turned on only every so often.

Let us finish the analogy. Imagine that halfway through the two hour movie

## *1. Psychological Problems*

the sound is turned on. Now we have the full information about what is going on. We can hear the dialogue between the characters, we can hear the situations that they are in. We can hear the sound of cars going by, and trains going by. We can hear the sounds of the city or the silence of the forest. We now understand what they are saying because we can hear the dialogue. With the characters tone of voice we can figure out what their emotions might be. We start to learn what they are thinking, and also what they are sensing. It's as if a blindfold has been ripped away and we are able to take in the whole of the movie, and see the characters and the contexts that they find themselves in. We can be drawn into the movie more fully. We can empathize now.

This is the same as someone that has mature empathy skills. Someone that has empathy at the ready, turned on most times, and able to use the skill fully. When interacting with someone they know what they are thinking and their emotions and sensations, and they are aware that others have their own thoughts and their own emotions and their own sensations. The connections can be made between two people. Imagine a group of people that are very aware of what they are thinking and feeling and sensing, and are very aware of what others in the group are thinking and sensing and feeling. Imagine being in a group of people that can see the whole "movie" as it is going by them in real-time. Imagine that you are in that group of people, and rather than being lost, you understand actually what you are thinking and feeling and sensing, and you can read the body languages of others and the voice tone of others, and you can start filling in, over time, what others are thinking and feeling and sensing.

### **1.6. Further thoughts**

Empathy really is it's own thing, it's a structure of human psychology that is much neglected in western society. Although it is deeply a part of human psychology, and calls upon the different parts of the human body to function, empathy is its own thing and has its own boundaries. There is a function of empathy that when it is there the human functions better, and when it is missing it is noticed by others. Even the person that lacks empathy notices that something is off, that something is wrong with them. They might not be able to pinpoint what it is that is wrong with them. This lack of empathy leads the person to have a sense that something is missing in the way that they interact with other people. The person may never realize that the weak empathy that they have, in that they feel that empathy is optional, and were taught wrongly that empathy is just an optional part of human social interaction, was taught to them by the

## *1. Psychological Problems*

society that they live in. Western society will downplay the importance of empathy to the point that we will believe that empathy is not an important part of how we interact with others. We will see empathy as just another option when it comes to dealing with people. That of all the ways that we can interact with another, empathy is just one of the many tools that we can use. We won't see empathy as the basis of all socializing that we do. Empathy will be seen as just another random thing that we can try when we are trying to make a friend. The western mind will not see empathy as the start of our social growth. The western person may never be told this, and in fact will be told the opposite through popular programming.

Empathy for self and others is not the same as being an empath. People who claim to be empathic claim that they can feel deeply the feelings of others. When someone is sad the empath is all of a sudden feel the sadness the same as the person that is sad. When someone is crying, the empath will feel that they will cry the same way as the person that they are looking at is crying.

However, being an empath is someone that has very immature empathy function. Not all of the parts of empathy are working in the person that claims that they are an empath. The parts that are working are the parts of their psychology that allow them to sense the emotions of others as if they are their own. In a healthy individual, this sense of feeling another's emotions, if even partly, is recognized for what it is. They are feeling the emotions coming from another, and they themselves are not really feeling the emotions because of anything that they themselves have gone through. There is a definite boundary in the mind of a person with healthy empathy that walls off the feelings of others that are making it through and their own actual feelings. There is no confusion as to what is who's emotions. The emotions that we feel and mirror that come from others are indications that parts of our own empathy structures are working. The feelings that we feel that are the same as others and come from others is vital information on what the other person is feeling, and therefore can help us in our quest to empathize more with another person.

Empaths don't know how to turn off their empathy. Being able to block our empathetic communications to others is important. We don't want to walk around in the world affected by every drifting emotion that comes from everyone that we meet and see. We must protect ourselves from being bounced around by the emotions of others. Our empathetic structures must be protected and guarded. If we become empathetically burned out during our day, we won't have the empathy that will be needed to connect with our family and close relations when we finally do make it back home. The strongest empathy muscle can be wore out if not protected, and if not saved for the important

## 1. *Psychological Problems*

people that are in our inner circle.

Empaths don't know the proper function of empathy in socializing. There is a definite strength in the empathy, however it will not be fully realized because it is immature or incomplete. In fact it may be harmful to the person that identifies themselves as an empath. An empath may also not be able to shield their mirroring empathetic circuitry in their nervous system. Also, empaths may be sensitive to the total lack of empathy in western society. The empath will think it's their fault they feel this way, however the fault lies in western persons inability to empathize.

Empathy isn't just reacting outright to what another person is feeling and thinking. Our empathetic circuitry and various structures will be lit up when interacting with a person or group of people. It may even light up with tremendous brightness and power due to what the other person is sending out. A very angry, or very happy, person in our presence can lite up our empathetic circuitry beyond our ability to control it. However, no matter how lit up we may become, the choice of what to actually do resides in us, in our logical and conscious mind. Over time our self-empathy can grow strong enough to keep us from taking on the thoughts and feelings and sensations of others, or at least to have us understand what are our thoughts and feelings and what are thoughts and feelings coming from others. We will have a hard to impossible time keeping our empathetic circuitry from lighting up, even when we are in a situation when we are shutting it down and trying to disregard the thoughts and feelings of others. When those feelings and thoughts and sensations of others come in, we still have a choice of how to act. Someone could, for example, walk across the street over to where we are and yell loudly at us and accuse of something. It will be impossible to ignore him and what he is saying. However, we might not know the person, and what he is accusing us of is nonsense. However, our empathetic circuitry may light up bright, and we may want to defend ourselves logically against the stranger now before us, because we don't like those thoughts inside of us of what we are being accused of. Our empathetic reaction may be looking like it is directing us to defend ourselves against this person, this person that we don't know. However, we can work apart from our own empathy. We can decide to tell the person that we don't know them, and they may have mistaken us, to leave us alone, and we can walk away from them and leave it at that. This isn't some example of how to stop a fight or confrontation. It is an example of keeping our empathetic circuitry from leading us around, an example of our empathetic gauge working along with our rational mind, to come up with the correct course of action. Since our empathetic circuitry is so tightly tied into our minds and our psychology, we may feel the nudge of our

## *1. Psychological Problems*

empathy seeming to tell us what actions to take. However our rational mind, and our own self interests, are better guides of what to actually do. Our rational mind can read the gauge of our empathy, and take that information to come up with a much wiser response, rather than let our empathy be our gauge and be our decision maker.

If we let our empathy be our decision maker we can easily be manipulated. We will make emotional decisions because others will be able to load us up with their own strong emotions. When empathy alone guides our decisions then the emotions that others load up on us will make our decisions for us. Others will be able to lead and control us because we don't see empathy as the gauge that it is. Our empathetic circuits are reaching out to the people around us, and they are giving us the information that we need in order to act. It keeps us from being blind to what is going on, however it won't tell us what to do. Our ability to distinguish our empathy is this way is probably what distinguishes ourselves from lower animals. We don't one hundred percent get driven by instinct, there is a part of us that is rational and can make our own rational decisions.

There is a maturity needed, a measured response, when our empathetic circuitry is lit up. The best response is whatever increases the chance that you will be able to surround yourself with mutually empathetic people, aka a circle of friends. Because we are social creatures, and quickly wither when disconnected from others, our empathy is actually there to connect us, and our rational mind is there to find others with mature empathy to connect with. In western society this will be the first thing that needs to be learned and understood. If we lived in a society that emphasized empathy, then finding others with mature empathy would not be our first task, or it wouldn't be our first task for very long. However, because those exhibiting mature empathy are so rare, we must search for them.

Empathy isn't reacting outright to what others are thinking and feeling. There may be two people in front of us that we are interacting with. One of them is giving off powerful and strong emotions, like strong anger or strong joy. We can't help but receive those emotions. We may feel the emotions going into our body through our empathetic circuitry. Then imagine, your boss at work calls you up on the phone, and you answer and realize that it is your boss on the phone. Your responses to your boss will need to be measured. You won't be able to show the strong anger or strong joy that you are getting from the person you are interacting with. You will realize that it is your empathetic circuitry that is getting you these emotions from someone else. While your empathetic circuitry is being overwhelmed by emotion, you will need to spawn another set of empathetic parts or actions to respond to your boss. You will need to react

## 1. *Psychological Problems*

empathetically to your boss, and see what it is that he wants. You will have to continue to have a measured response to your boss even as you are being filled with the emotions from the other. Being able to divide out the emotions that are coming from others and from yourself is important in a case like this. Your boss is not making you angry and joyful, and you show the respect that is given to a boss while on the phone with him. This kind of juggling in important is social interactions.

Empathy may be confused with playing what's called "devils advocate". Devils advocate means to purposely take the side of possible criminal behavior in order to get a full picture of what is happening, in the hopes that we may learn something of the criminals behavior. We may also play devils advocate in the hopes of not missing some act that the criminal did that wasn't in fact criminal. That part of the behavior that we thought was criminal, that part may not turn out to have been criminal at all, and may even have been justified. Empathy would be a part of playing devils advocate, however, it is not its whole purpose. The ability to play devils advocate requires empathy. Empathy is more than that, it is seeing the whole social truth. Empathy lets me know what I am thinking feeling and sensing and what others are thinking feeling and sensing over time, in the past, the present and projected out into the future. Devils advocate is a small part of empathy.

Nothing else but empathy will work to make a friend or a relationship. Nothing else will work. Money wont work to make or keep a relationship. There are rich people that get divorced every day. There are rich people that you wouldn't spend any time around because they are such jerks. Just having money isn't going to make someone want to spend time with you. Imagine someone with no empathy skills and no friends. Now imagine that person won the lottery, and is now a multimillionaire overnight. People will come around to use that person because of their money, however they won't be there to be his friend. There won't be a mutual empathy if they haven't learned about empathy. When the money is gone, the people that were his 'friends' will be gone too. We've heard the story so many times.

Sex won't do it either. You can hook up with a member of the opposite sex one time and never see them again. No relationship was made. Some couples can be together for some time and we all know that it's the sex that is keeping them together. There is no mutual empathy. We call these types of relationships shallow relationships. They are also fun. However, they aren't real in the sense that mutual empathy makes a relationship real. A relationship based purely on sex will last a few before it breaks apart. Sex can only go so far.

A gun and threat of violence won't make a friend. Imagine someone taken

## *1. Psychological Problems*

hostage, against their will as most hostages are taken, and then released some months later. That person will not be a friend to the hostage takers. Even if they purport to be a friend to their ex-hostage takers, we won't really believe it. We will believe that anyone that wants to stay friends with someone that kidnapped them at gun point has been brainwashed somehow to think that they are their friends. We feel sorry for someone that comes out of a hostage situation thinking that the people they were with were friends to them. Because we know somehow that guns and violence don't make real friends.

Being just nice won't work, that doesn't make a friendship, there are many nice lonely guys. Being nice means that we are just trying to meet the other persons needs at the expense of our own, in the hopes that they will try and meet our needs at the expense of their own needs. It's wishful thinking because even if two people were doing that it would look weird. You have to look after your own needs, you really can't depend of others to come to your rescue just because you are in need of something. Even if someone did come to your rescue to meet your needs, that wouldn't be a friendship. We would all see that something is missing in this type of situation.

Being an asshole won't work. Going around being an asshole to everyone will get you reactions, but it won't make you any friends. There may seem to be an exception, but it isn't really an exception, it more proves the rule. If the asshole behavior is tinged with empathy. Meaning that the person that is being the asshole has a good grasp of empathy for themselves and for others, and is using that empathy to understand what they themselves are thinking and feeling and sensing, and what others around them are thinking and feeling and sensing. We can just feel it when someone is in tune with what we ourselves are thinking and sensing and feeling, and it catches our attention. This just leads us down the road that empathy is still the basis for any friendship, so we don't really need to be the asshole on top of it. We can if we want, and certain situations may require it, however, we can't lose site of what is really going on here. The empathy is what jumpstarts the connection, being the asshole might just make it more interesting.

Money won't work to make friends.

Telling a great story won't work. There are people out there that tell tremendous stories about what they have done in their life. Most of these stories could even be true. However, if you notice the pure story teller, he will have friends as long as he is telling a good story. As soon as the story ends, or the stories run out, there will be no one around to listen anymore. A person who tells stories is like someone who is playing at being a human television set, someone that is entertaining but not friend material. Although a good story can add some spice

## 1. *Psychological Problems*

to socializing, to much can spoil the dish.

Dressing nice won't work. Although we like a well-dressed person, wearing expensive designer clothes won't work to make a friend. If you yourself like designer clothing because you yourself like how it makes you feel, then buy and wear them. Feel good about yourself. Having people around you exclusively because of your dress leads to shallow relationships. I've seen many times two people that are well dressed, and sitting near each other, and looking bored out of their minds with each other. Wear the clothes only if you want to.

Driving a fancy car, living in a big house, all under the category of the accoutrements of money, won't do it. We've all seen lonely looking billionaires.

College degrees, traveling extensively or being well read. If you want degrees and traveling and to be well read because it's what you want, then go do it. Although they will add to your life, that's not what this text is about. This text is about bridging the gap between two people, bridging the gulf and making a connection. These things won't do it.

Cool accent or no accent, color of skin, parental status, athletic prowess, good health, fit body, good looks, high IQ. These also won't do it. Although they have some affect on the person, it doesn't look like they will cause a connection between people that moves beyond being just a shallow group connection.

Cannot grab someone and force them to be your friend. You couldn't walk up to a random person and demand that they be your friend and expect it to work. The chances of that working are so slim it's not even worth the effort to try it very often, if at all. Even if it looked like it worked, that going up to a random person and demanding they be your friend has the person become your friend, I would think that beneath the surface of that act would be the building of empathy of some sort. That looking closely at this unlikely scenario would reveal that the two people, maybe unbeknownst to either of them, started building a mutually empathetic connection with each other. If this was the eventual case, then there wouldn't need to be any initial shock of demanding from a stranger that they be your friend. Because people who have mature empathy skills tend to find others that have mature empathy skills.

Only with empathy can you bridge the gap between two people.

In long term socializing most of what you bring is your empathy skills. Money can help start things up. Social status can help. In the long term, over time, empathy skills will be what stays, what will make or break the relationship. Empathy skills are the basis, and they are important, and if they are not present there will be nothing to actually build a friendship on.

When empathy starts to wane, when one person decides not be empathetic to the other, then the relationship will start to fade. This can sometimes take

## 1. Psychological Problems

some time to accomplish, and sometimes it can happen quickly. One person pulls back the empathy toward the other person, and the relationship is dead on it's feet right then and there. As time goes on, the person that had the empathy pulled back on them will eventually wise up to what is happening. The relationship won't be a relationship at all. The one that did not pull back the empathy will understand sooner or later that the relationship is over, and that trust is broken. Without empathy you won't know who to trust, and you can't trust someone that doesn't empathize with you. Sometimes the one that has had the empathy pulled away from them will understand it quickly, and will come to terms with what happened and will go to find another person to talk to. Sometimes the person that has had their empathy pulled away will not understand very quickly, there will be some time that is taken and waited for in order for the person that pulled their empathy away to come back around. That may never happen, and the person may be waiting for a long time. It's best to only hang out with people that show empathy toward you, and that you can show empathy toward them, that way there is a mutual empathy involved.

### 1.7. Starting to Define

Empathy is for other people and also for ourselves. What are we feeling thinking and sensing and also what is another person feeling, thinking and sensing.

Self empathy is identifying what I am thinking, what I am feeling and what I am sensing. Sensations are any of the five senses that we have plus more. The five senses are sight, sound, smell, taste, touch and hearing. However, the sensations go even further. They include pain, our sense of balance with what orientation our body is in.

Learning to identify and name an emotion is absolutely critical. Knowing what you are thinking is important.

Empathy gives us a full, clear and accurate picture of how everybody sees you. How do people see me? The more accurate the better. When interacting with several people, you might want to get a sense for how they see you. When you are just learning empathy this might be a painful process because we've covered our eyes for so long concerning how other people see us.

When using empathy we will gain a clear and accurate picture of everybody in the situation.

Empathy is my best guess on what you are thinking, what you are feeling and what you are sensing. We can never know exactly what another person is thinking and feeling. We can only empathize from our own point of view.

## 1. *Psychological Problems*

We are only able to try and see what the other is thinking and feeling, and to try and get it closer and closer through conversation and asking questions. Therefore our other-empathy will be an approximation. The key is getting our self-empathy as close as possible to what the other person is actually feeling, thinking and sensing. This is called socializing.

Put yourself in their shoes, see where they are coming from. Since we are all humans we all share a common set of sensory abilities. Some senses may be better in someone else over another person.

Getting the guesses closer and closer to the actual truth most of the time means we are actually getting closer to someone. When our guesses match what they are going through, and when their guesses match what we are going through, then we are close.

It's just guesses because we will never know exactly, because we are not that person. However, we can get closer and closer and time goes on.

It's not wise to start out with assumptions about how another views the world. We can only get to know someone and see, through evidence gathered from our observation of others, what their thoughts and feelings and sensations actually are. There are disorders where a person can lack sensitivity in a particular sense, or lack a particular cognitive function. For example, there are people that can't see in pictures, they can't visualize, for example, a mountain. When they try and remember what a mountain looks like, they don't have a picture of a mountain pop up in their heads. It can degrade the empathetic relationship if we assume that everyone sees the world exactly the same as we ourselves do. Our assumptions about someone may leave us with a less complete empathetic connection with them.

As we meet and get to know someone we build up an empathetic model of them. That empathetic model includes what they think about us. It also includes what the other person thinks our empathy toward them consists of. For example, I might look at someone and see they are sad, and through empathy believe that they are sad. However, it's likely that the person that we are looking at has empathetic capabilities too. We need to look for these capabilities. We can guess that the person is feeling sad, however we can go further. We can look at a person and start to see what they think about us empathetically. In other words, we can look at the person and empathetically try and figure out if they are reaching out empathetically toward us and noticing that we are feeling the emotion of concerned. We may even help them along and tell them, "I feel very concerned for you because you look sad." This is us helping the other person build their empathetic model of us. We want the other person to know what we are feeling, and to let them know what we think they are feeling. When we

## 1. *Psychological Problems*

look at someone we can start to see if they have an empathetic reaction to us that includes our empathetic reaction to them.

It gets complicated, however, our human brain does these calculations so quickly we almost don't even think about them. We want to know if the other person knows what we are thinking about them. Do they know that we see they are sad, and that we care?

These calculations are done quickly, but they are indeed definitely done. Nothing is free. The calculations and the observations must be done, and they are done in our mind, in our brain. We don't have the thought that someone cares about us magically inserted in our brain. Our brain does observations and starts to draw conclusions of the evidence that it gathers through the observations. The calculations must be made, even if they are done quickly.

To write out what is going on is a complicated business. The thing that we do naturally is actually quite a complex set of calculations and observations. To know if someone knows that we care about their sadness means that we must do many calculations. We must know that we are correctly understanding that the person we are looking at is sad. We also must wonder if the person we are looking at knows that they themselves look sad and probably are sad. Then we must know what the person is picking up from us. Do they see that we are concerned. We must also look at the person and see if they see that we see that they are sad. Do they see that we are empathetically reaching out and guessing that they are sad based on our observations of them.

Explained again. We have self-empathy and other empathy. Our basic tentative assumption is that other people also have self-empathy for themselves, and other-empathy just like us. The complication arises when we use our other-empathy to look at another person's other-empathy. That other person's other-empathy that we are using our other-empathy to observe, contains a view of what our self-empathy and other empathy is like. Going along the line of using our other-empathy to see another person's other-empathy, and seeing if they notice our other-empathy toward them, we can get in a hall of mirrors effect. Like two mirrors that are made to face each other and reflect infinity, our other-empathy can reflect at another's other-empathy many times over. In practice it's probably only useful to go through four reflections of other-empathy before empathy starts breaking down.

Another example of other-empathy reflected may be you want to know if a person knows that you like them. As in, I like this person, do they know that I like them. We would use other-empathy to see the other person's other-empathy. We need to get a sense of whether we can read the other person or not. Can we connect with what they think about other people. Once we get a

## 1. *Psychological Problems*

sense for how that person thinks of others, including ourselves, we will want to know what they think about us. We want to know what their other-empathy contains in regards to what they think we are thinking and feeling and sensing. Do they look at us and know what we are thinking and feeling and sensing. Then we use our other-empathy to see if their other-empathy is reading our other-empathy (toward them) that we like them.

We could go a little more complicated. If we see that they know that we like them, we might want to know if they are ok with use liking them. So we can use our other-empathy to see their other-empathy (toward us) so see if they can read our other-empathy (toward them) and sense how that affects their self empathy. Meaning, are they happy that they can sense that we like them.

Nothing is free. These calculations must be done, and humans do them lightning fast. Most of socializing is learning to make these calculations and observations accurate and quickly. We want to know quickly if someone knows that we like them and how they are internally reacting to that. When we feel compassion toward someone that is sad, we want to know quickly how that other person is seeing our compassion toward them.

What if someone is sad, and we see them and have compassion toward them, however they don't understand our compassion. They might not understand our compassion toward them for several reasons. Firstly, they might not know that they feel sad, they may have low self-empathy abilities. So our compassion toward them may look weird, because they will wonder why we are looking at them that way when they think they are fine. We need to know when we are dealing with someone what their self-empathy is like. The other reason there might be a problem is because the other persons may be completely misinterpreting your compassion, meaning they have low other-empathy. With low other empathy they might just see someone getting close to them and staring at them, they won't see the compassionate emotion because their other-empathy is weak.

A situation like this can get extremely complex. You as the actor need to check all different kinds of things with your self- and other-empathy. You would need to see if the compassion you are feeling is coming from all from the sadness of the other person, of if part of the compassion is coming from the other person triggering a sad memory inside of you. Is your compassion coming from the other persons sadness or from your own sadness, and if so, what percentage and what part is from your own sadness and from the other persons sadness. This takes both other- and self-empathy. And the calculations go on and on. Does the person know that he is sad, and to what extent. Does the persons self-empathy include sensations that are telling him he is showing a sad expression

## *1. Psychological Problems*

on his face, or does he have low self-empathy in this area. The simple act of seeing someone sad and reaching out with compassion includes a complex set of calculations every second that you are interacting with that person.

We must still divide empathy from compassion. Empathy is not compassion, it is still a gauge of what another is thinking feeling and sensing. Compassion is the choice that we may choose from the set of thoughts feelings and senses from the different people in the current situation.

We can have empathy for ourselves. We can have empathy for others. We can have empathy for a group of others and the group can have empathy for use. We can have empathy for objects or for a group of objects. We can project onto objects them having empathy for us and groups of objects having empathy for us.

We can have back and forth empathy with a group of people. Think giving a speech to a group, or even "mob mentality". The group can as a whole have their own thoughts and feelings that is more than the sum of the thoughts and feelings of the individuals in the group.

## **Part II.**

# **Background Knowledge**

## 2. Introduction to Part II

Before going into the specific and technical details of empathy it would be good to cover a few basic things. Things like human beliefs, emotions and thoughts. Human cognitive biases. These are important to cover because when you are interacting with a person empathetically you will run into these peculiarities with human behavior and you can empathize with that person more fully. You will also be able to see these in yourself.

Funny thing, body language, non-verbals, and emotions are so important to empathy, but we do not have a scientific definition of these things. We are just starting to explore and learn about these things. We don't even really know the definition of an emotion. Studies of body language are almost all non-scientific, are anecdotal, can almost be considered pop-psychology. Yet, the information we do have helps tremendously in increasing our empathy skills. We also have innate empathic abilities that we are only starting to study and learn about.

Even with the hard sciences falling short of describing some of these things our empathetic circuitry knows these things very well. Our minds can sense what another person is feeling if we listen to this information.

Unfortunately because of the limits of our scientific understanding of emotions and body language and memory the study of empathy can only really be done with experience and logical arguments at this point. However empathy is much too important not to explore and come to some sort of conclusion about.

The average person is not going to know, for example, that intermittent rewarding is the best way to reinforce a behavior. These types of discoveries were and are done by science. Although they are important discoveries, we have a lot of circuitry in our brain that already can be used to empathize, whether we know the technical scientific knowledge or not. We can be ignorant of the cutting edge scientific discoveries regarding our psychology and physiology, and still have the ability to make an empathetic connection to someone. Empathy is something that we can do because the ability to do empathy is embedded deep inside our minds, inside of our brains, inside of our bodies. You don't need advanced degrees to understand what empathy is and how to use it and how to recognize it in others.

A lot of empathy is learned through intuition and mimicking others with

## 2. Introduction to Part II

empathy. We also learn from others what facial expressions and body language mean, the learning is passed down through families and other people. It's in our blood, it's in our DNA, to empathize. As the world is coming at us, day to day, we depend on empathy in order to manage. Very few of us are completely without empathy, we know the basics. Even someone that is so very low on empathy that they look hopeless can find their way back with work.

Sociologists say that whatever is acceptable by the society you are in is probably psychologically ok to do. One thing that can't change no matter what society says is that empathy is needed to build a friendship. There can never be a social norm where empathy is optional, without having as a result the loneliest and sickest society imaginable. We can live in a society that has social norms that differ drastically from the social norms of another society. However, without empathy that community and that society that doesn't value empathy will deteriorate into madness.

There is a fork in the road. On the left fork is no empathy. On the right is empathy. On the left fork is someone that is hanging out with lots of people, and at the end feels empty. On the right is a guy that hooking up a lot and has friends and doesn't feel empty. The fork on the right is empathy for self and for others, it is mature empathy.

Mature empathy has a strong empathy muscle. They are attractive to others. They are instantly and automatically repelled and won't spend time with people with weak empathy muscles. People with strong empathy muscles continue to build up and maintain their empathy muscle without much help. We wouldn't be able to stop someone from building up their empathy muscle. Empathy is internal and mostly mental, with some of it being physiological. Someone building empathy will see empathy as so important and crucial, as important and crucial as breathing. Empathy is the crucial building block that needs to be there for any relationship to form. Without empathy, there can never be a friendship.

When you are getting some type of mental help from someone and you don't have empathy then their help will be hard to follow. Most mental help is going to deal with your relations with other people. If you have impeded empathy the help you get will be difficult to apply. Without the basis of empathy the help received will be of little use. The help received will also be indirectly trying to increase your empathy skills. However, having your empathy skills increased indirectly will be confusing. Better to tackle empathy directly as a singular subject and then talk about how empathy is affecting, and has affected, your relationships.

All successful mental health professionals start with an absolutely stellar

## *2. Introduction to Part II*

grasp of empathy and what it entails. If they don't have a complete and full grasp of empathy then they won't be successful.

Therapists in general hope that they are able to influence you through natural means. They are (hopefully) mentally healthy and knowledgeable of empathy, and speaking with them will start to change your beliefs about yourself, as you start to change your beliefs to what their (hopefully healthy) beliefs are. That's why it's important to find the coolest therapist you can find. Because they will, when it's all said and done, influence your beliefs to be more in line with whatever their beliefs are. For deep seated beliefs this isn't necessarily a bad thing.

# 3. Thoughts, Emotions and Sensations

## 3.1. Thoughts

### 3.1.1. Human Thoughts

When we are in a quiet room by ourselves and sitting still, we will have thoughts that come to our mind. These thoughts will come as the result of us observing the world around us in the present time. The thoughts are constantly coming to our mind. Maybe we hold on to the one thought for a while before we let it go. Or maybe we just let the thoughts come and go as they may. This is sort of a meditative state to be in. We are in the present and the environment is affecting our thoughts. We can at times have a thought that brings up another thought. We can see an ant crawling across our arm. That brings the thought of the ant as it is on our arm. This could bring on an additional thought. We could think about what kind of ant is on our arm.

We can have a thought from the past brought to our mind. We could see an airplane flying across the sky. Our thought will be of the airplane. However, we could be brought, fairly easily, to a thought of a time when we were flying in an airplane ourselves. Or maybe we could be brought to a thought of a time when we knew someone was flying on a plane.

We could have a thought projected out into the future. Maybe we see a race car, and our present thought is of the race car. We may be led to a thought of sitting in a race car in the future. Even though it hasn't happened yet, we could imagine sitting in a race car in the future.

### 3.1.2. Animal Thoughts

Different species of animals have different levels of thought processes. At this point no animal has the range or complexity of thought that we do.

### **3.1.3. Object Thoughts**

Non-living objects don't have thoughts. They cannot think. Any thoughts that we imagine an object to have are most likely projections that are coming from us. We project onto the object something that we are thinking ourselves.

A novel, that is made of paper and ink, and any other type of artwork does not in itself have thoughts of its own. The novel can transmit the thoughts of the writer to the reader, however there are no thoughts that are contained in the novel. The artwork that we admire could be conveying a thought to us, one that the artist may or may not have wanted to convey. However there is no thought contained in the object, only the remnants of the thought that was pressed against it.

We can however project strongly thoughts onto objects. A hiker walking on a mountain may think that the mountain is out to get them when an avalanche comes running by. The mountain had no thought of its own, however the push is strong to put a thought to the mountain.

We may be at the edge of a dark and empty forest. As we look in we may get a foreboding feeling, thinking that the forest is out to get us. This would be projection. If the forest is empty, there is nothing there to get us. However we will think that the forest has a mind of its own.

We may be in a danger situation and find ourselves running behind a wall. We may say to ourselves that the wall will protect us. However, the wall has no thought of protecting us. The more accurate thought would be that behind the wall we are protected.

Imagine we walk into a storeroom, and there in the middle of the storeroom is a mannequin, and in the mannequin's hand is a knife, and the mannequin is dressed and looks like it is lunging toward us. For a moment we may think that this object has intentions to harm us. We would, for a moment, see this object as human until we are able to ascertain that it is in fact an inanimate object. However, even with this knowledge we might still not want to be around such an object. The boundaries between the mannequin and a human are starting to blur, and we may never really be comfortable around such an object.

We must realize through self-empathy that we put these projections onto the objects around us. That when we reach out with other-empathy to these objects our minds will assign a thought to them, however we must sort out for ourselves that the object does not have a thought. Sometimes assigning a thought to an object brings us pleasure or a learning experience, in the case of art. Sometimes assigning a thought to an object can disturb us, in the case of homicidal mannequins.

### **3.1.4. Beliefs**

Beliefs are what we think is true regardless of whether the evidence supports it or not. Our beliefs are welded to our minds with emotion.

When someone has a strong belief about something that means they have the belief and a strong emotion that is tying the belief to the mind.

Beliefs are difficult to change in ourselves and in others. The emotions that are tied to the belief are welding that belief to the persons mind.

We must know and realize when we are dealing with a strongly held belief. That belief may be in ourselves, or it may be in the person that we are empathizing with.

When we don't realize that someone has a strong belief about something we will have trouble empathizing with them and building a relationship with them. We will constantly be blocked by their belief if we don't know and acknowledge that it is there.

For example, someone may have a belief that reading books is for smart people and that they aren't smart. There are two beliefs. One belief is that the person is not smart. The other belief is that books are only for smart people. If you try and bring an open book to such a person for them to read some of it, they may surprise you with their strong aversion to reading the passages. However, with other-empathy you can try and ascertain their beliefs about books and reading and themselves. Now with this knowledge you can empathize with the other person. Your other-empathy will be more accurate.

Social problems will arise when we don't understand the beliefs of the other person, and the beliefs we have inside of us. Social problems are much easier to overcome with the beliefs of ourselves and the other are known, especially when both parties know about their and the others beliefs and how beliefs affect social interactions.

To fully empathize we must realize the strong beliefs that another holds. They may be religious beliefs or just beliefs about how the world works. Whatever it is we must understand their beliefs in order to empathize fully.

Highly emotionalized, tightly held beliefs about the world and about ourselves. These are so emotionalized, and so full of evidence, that they are hard to change. Both helpful beliefs, and unhelpful beliefs. Knowing what tightly held beliefs someone holds will help us to empathize with them. Knowing that beliefs don't change very quickly will make it easier to empathize with another and ourselves when in the middle of changing a belief.

Evidence is gathered that strengthens the belief. Emotionalized evidence causes the belief to be stronger than any of the other less emotionalized be-

### *3. Thoughts, Emotions and Sensations*

liefs. As evidence is gathered the belief becomes stronger. Competing beliefs become weaker.

#### **3.1.5. Mentalizing**

Mentalizing studies the brain when we are thinking or sensing. There are studies that have been done that will show what regions of the brain activate when the person is seeing certain social stimuli.

Mentalizing is a subset of thinking. Mentalizing studies show what parts of the brain are active during certain activities. In the mind of a mind that is average and normal, the mentalizing circuitry is present and working.

Part of the mentalizing circuitry is the ability to dull or lessen that parts of the brain that are mentalizing certain things. For example parts of our brain might not light up when we are looking at a person that we think is a stranger. When that person becomes known to us as someone that we actually know, our mentalizing circuitry will start to become more active.

We have some control over how much our mentalizing circuitry lights up. However we don't have total control and cannot totally shut it off.

#### **3.1.6. Cognitive Biases**

There are many cognitive biases.

An example is the confirmation bias. This is a bias in that we have an expectation about something and we gather evidence supporting that expectation. Part of the bias also includes dismissing evidence that goes against our pre-existing ideas. The truth is that we may be wrong, however we will continue to gather evidence that we are right and ignore other evidence.

To know what someone is thinking we must realize that cognitive biases exist and have an understanding when someone is showing a cognitive bias.

Cognitive bias can be thought of as automatically held beliefs. They are beliefs about how the world works that didn't need to be placed in the persons mind. They are already there with no work done by the person. With this in mind cognitive biases in the person must be understood and accounted for in order to have better self- and other-empathy.

## **3.2. Emotions**

### **3.2.1. Human Emotions**

Some human emotions are: Happiness, Sadness, Fear, Disgust, Anger, Surprise, Amusement, Contempt, Contentment, Embarrassment, Excitement, Guilt, Pride, Relief, Satisfaction and Shame.

Some researchers believe that there are only six or seven basic emotions, and that all other emotions are a blend of these basic emotions. The six basic emotions are the emotions of being: Happy, Sad, Angry, Surprised, Disgusted and Afraid. These basic six emotions can be combined to form other emotions.

Empathy is more important than the accuracy and largeness of our emotional word vocabulary. We can use two words for emotions, like Good and Bad, and with empathy we can get by. For example, I can have a high degree of empathy and a limited emotional vocabulary and range, and I can look at someone and accurately see they feel Good, or I can look at someone and see they feel Bad. With that I can somewhat accurately empathize with the other.

If I don't have accurate guesses on another's emotions there will be problems. I can have a whole list of emotional words and all their nuances, but without empathy I won't be able to connect the emotion word to self or other. This will be disastrous. Choose high empathy over a high degree of awareness of emotional words. Over time a person with high empathy will be able to learn more nuanced emotions, provided their lack of emotional command is not something organic in their brains. A better understanding of emotions grows naturally out of their empathy. Someone without empathy but a high command of emotional words will not grow empathy out of that skill.

Facial expressions give the largest hint of what another is feeling (Ekman). To understand emotions you must be able to read the facial expressions not only of others, but of yourself too. Knowing what facial expression you are showing, and knowing what emotion that corresponds to, will help shorten the amount of time it takes you to guess your own emotion.

### **3.2.2. Animal Emotions**

Some animals can feel emotions just to a lesser degree than humans.

### **3.2.3. Object Emotions**

Objects do not have emotions.

### 3. *Thoughts, Emotions and Sensations*

There is the idea from the art world that we can feel into a piece of artwork. We can almost feel that the artwork has a feeling of it's own that it is transmitting to us. Maybe these feelings are the feelings that the artist had and wanted to transmit when they created the art. Much like a novel written by an author can make us feel things as we are reading it, other artwork can make use feel emotions.

It's important to note that objects don't have emotions. However this projection that humans do objects is very strong, and needs to be known in order to get to mature empathy.

## **3.3. Sensations**

We have many senses in our body. To start we have our five senses. These are the senses of Sight, Touch, Hearing, Tasting and Smell. There are other sensations that we can sense. We have a sense of balance, of whether we are standing upright or are about to tip over. We can sense increased or decreased air pressure. We can sense acceleration. When we observe our senses, and observe what others may be sensing, we have a basis to empathize with another.

These senses can reveal the level of intensity of the sensation. We can sense if we are accelerating quickly or slowly. We can hear soft sounds and loud sounds.

### **3.3.1. Human Sensation and Perception**

There is a whole branch of psychology that deals with sensations and perceptions in humans as well as in animals.

#### **Vision**

For purposes of empathy vision starts with our eyes and ends with our mind perceiving something. There are many ways that this system can break down. To empathize with someone would mean that we understand their abilities at vision and any points of failure that they may be experiencing.

One point of failure can mean that someone needs to wear glasses. When they are wearing glasses they can see – their sense of vision is present. When that same person is not wearing their glasses their sense of vision is impaired. Our empathy to another must include what they are sensing and how well they are sensing it.

### 3. *Thoughts, Emotions and Sensations*

We recognize objects with our vision. So far we can recognize objects faster and easier than any computer can.

Humans can perceive color. If someone has a hard time perceiving color they may be color blind. In order to fully empathize with someone we would need to know that some people can see colors and some people are color blind. Our other-empathy can have us sense that the other person may be color blind. Then we can put a guess over to the other person that we think they are color blind. The other person can deny or agree with our guess.

Humans have binocular vision that gives us our depth perception. If there is a problem with depth perception then we will have problems navigating the world, or knowing how far away something is to our eyes. Other-empathy means that we would know these types of issues can exist with another person and to try and detect these things.

One measurement of vision is our ability to find objects in a scene. When there are many objects presented to us, how quickly can we find the object. There is a gender difference when finding objects in a scene. Females can usually pick out objects in a scene when that scene is close to their eyes. For example, when the scene is a drawer full of objects that is a few feet from their eyes. Males have a harder time picking out objects that are close to them. However, males have a much easier time picking out objects that are far away, such as on a mountain ridge or far away valley. Knowing these differences is important in order to effectively empathize with someone of the opposite sex, and even to empathize with ourselves.

#### **Hearing**

Our hearing turns the pressure waves in the atmosphere around us into information.

We can locate where a sound is coming from. We can hear different things making noise and be able to tell what is making what noise. We can recognize speech and music.

To empathize fully we must make note of the other persons hearing abilities. Some people might lose some hearing for various reasons. There can be a blockage in the ear canal, or there can be a thickening of the inner ear membrane that takes pressure waves and turns them into electrical impulses.

Someone may have earphones on with music on and might not be able to hear or notice someone talking to them. To fully empathize we must recognize and identify hearing abilities.

### *3. Thoughts, Emotions and Sensations*

#### **Vestibular Sensation**

We can tell what angle our body is at with our inner ears. We can tell if we are accelerating and what position that our body is in.

We have sensors in our joints that let us know what positions our limbs are in.

#### **Touch**

We can feel touch at almost any point in our body. Our skin, our joints and our internal organs. We can detect things like temperature and pain. we can sense pressure, vibration, warmth, cold, heat, pain and itch.

To fully empathize we must know how someone is sensing their touch. Are they wearing a fuzzy sweater that is soft to the touch, or are they wearing a wool sweater that may be itchy to the touch.

Imagine someone sitting inside a cafe beside a window. Imagine that it is snowing slight outside, and that the inside of the cafe is warm and dry. Imagine that someone is wearing a thick sweater and is sitting in a comfortable chair. They take a sip of hot coffee.

From this scene we can imagine many types of touch that this person is experiencing. The touch of the thick sweater. The warmth of the cafe. The heat from the coffee. They might even be able to feel the coldness of the window pane that they are sitting near.

#### **Olfaction**

Chemicals in the environment reach our olfactory senses and we turn that into information.

With olfaction we can identify different smells.

#### **Taste**

We can taste salty, sour, bitter and sweet.

We can smell while we are tasting, as well as sense warmth or cold and texture. We can sense pain as in when we are tasting something too hot or too spicy.

Taste can be regional. In some cultures there are foods that are eaten that someone in another culture would not be able to eat. Not every culture likes the taste and texture of cheese.

### *3. Thoughts, Emotions and Sensations*

#### **Other**

We have differences in the speed of our reflexes. Do something athletically competitive with a super athlete. You may soon realize how fast the reflexes are in a professional athlete. The quickness of their reaction times will astound you.

#### **3.3.2. Animal Sensation and Perception**

Animals in some ways sense the same things that humans do. Some animals have better senses in one area and worse senses in others.

Dogs don't have a sense of rhythm the way that humans do. Dogs however have a sense of smell that is so strong and so accurate that we can't even imagine what it must be like to have the sense of smell of a dog.

Knowing these differences helps us to better empathize with the animals around us. Dog trainers use this knowledge to train their dogs.

# 4. Other Psychological Considerations

## 4.1. Projection

We project onto others and animals and objects the things that are inside of us. Mature empathy knows about these projections and makes allowances for them. Projections are expected. Those with impeded empathy will be confused by the projections they put onto others.

There is a continuum of how superficial to how deep a relationship is. On the one end is a superficial relationship. As time goes on and there is mutual empathy, the relationship will move deeper and deeper, the two people will get closer and closer. The relationship will only get to these deeper levels when there is mutual empathy involved. It takes 'two to tango'. At the superficial end we only see people as pure projections of what is inside of us. When we are not close to someone we only see them as a pure projection of what is inside of us. When we meet someone for the first time we only see a pure projection of what is inside of us. We must be careful and notice that in our relationships there is a continuum of shallow/pure projection to deep, and someone with mature empathy will understand this and be able to figure out when interacting with the person what is projection, and what is more fact. We also need to realize what level of projection that someone else is having to someone else. For example we might be looking at two people that don't know each other. We may notice that one is angry at the other for something that the other did not do. We can start to draw conclusions on the amount of projection the angry person is putting onto the other person.

We have a little picture in our minds of other people. High levels of empathy make that picture accurate. Low levels make it inaccurate. We do have skills inside of us to know when someone has an inaccurate picture of us. It gets more complicated. That picture we have of the other person in our minds also includes their pictures of other people, including me. Empathy helps me see from another's perspective, including how they see what others' perspectives are. My empathy for another person MUST include their empathies for other

#### 4. *Other Psychological Considerations*

people.

When 'meeting new people' narcs and empathetic people react in different ways. When a narc, etc. meets new people, they are looking for things like an alliance, a fight, a chance to get supply, a chance to look good, a business opportunity, a networking connection, a chance to show off, act professional, change their religion, etc. When a person with a strong empathy muscle "meets someone new", they immediately realize that what they are about to see in that other person will be a pure projection of themselves. It won't be accurate because they haven't gotten to know the new person. A person with a strong empathy muscle knows the difference of when there is a close relationship and a shallow relationship. The person with a strong empathy muscle realizes that until there is a mutual empathy going on with the other person, they will only see in the other person a reflection of what is already inside of themselves.

The first thing someone with a strong empathy muscle does is determine what the strength of the other persons empathy muscle is, by observing them and by shallowly interacting with them. But while shallowly interacting with them, they will have firmly in their minds that until they interact empathically with the other person, that there is only a projection in front of them. Until time goes by, and speculations and hypothesis and guesses start to turn into more fact. Until the relationship gets closer there will be unfilled 'gaps' in knowledge of the other persons psychology. These gaps in knowledge are not to be trusted, and are just being filled in by the mind. We need to recognize projection vs. Empathy.

Without empathy, your actions concerning others in a social situation will be random, will be just projections. Without empathy you will not know how you are coming across to someone in the course of a conversation. Without empathy you will not know how the other person is taking what you are saying. Without empathy you will be "clueless". You need to get a clue, and that means you need to increase the strength of your empathy muscle so you can read other people properly.

### **4.2. Time**

Many books on human behavior skip the idea of time. Issues that look like issues are not really issues when you take time into account. A book sometimes lends itself to the notion that there is a snapshot in time. However, friendships and intercommunication unfold over time. To get to know someone takes time.

Novels show time, how could they not. Textbooks don't show time. Text-

#### 4. *Other Psychological Considerations*

books show what was and what is. Movies show time such that movies are categorized by their running time.

Learning how time and socializing intermingle takes time to learn and put into practice. When we hang out with someone we are “spending time together”. Time is important to consider when empathizing with someone.

### **4.3. Context we are in**

We must understand the context that we are in when empathizing with someone. The context that we are in will affect the thoughts and feelings of the other person. Some examples of context are: at home, at school, at work, outside, at a party.

When someone is at work they might not have the time to interact with you. To have accurate other-empathy we must take this context into account.

When we are at school we spend time listening to the teachers in front of us.

We and others will think and feel and sense different things depending on the context that we find ourselves in. To fully empathize we must realize what context we and the other person are in.

### **4.4. Past History**

People have past histories that are important to understand. To have a full other-past-empathy and self-past-empathy we must have an understanding of basic histories.

The hometown that we grew up in will greatly affect our beliefs. It will be the start of learning of the culture that we are growing up in. Where we are born and raised has a very big affect on us.

Our birth order will have an affect on how we see the world. Wether we were the first born or the last born, that will affect us. To have accurate other-and self-empathy knowing birth order will help to understand the other person more quickly.

### **4.5. Stress levels**

Our stress levels change over time. Stress is brought about by change. Changes can be small like changing the food we eat. They can be large like moving to a new town or a new country. Stress levels will affect how well we can know our thoughts and feelings and sensations.

## **4.6. Other**

Our language has a huge impact on how we see the world. Some languages have words for experiences that other languages do not have. When a language is lacking such precise and short expressions of experiences then the person that speaks that language will have a difficult time experiencing such experiences. Some languages have words for emotions that other languages don't.

Age will affect how well someone understands their thought and feelings and sensations. Until about the age of twenty-five our brains are developing and gaining functions. And older age can affect memory and thus affect thoughts.

# 5. Measuring the Self and the Other

## 5.1. Measuring a Person

### 5.1.1. Personality Traits

Positive personality traits in a person can include such things as dignified and dedicated. They can also include genuine, imaginative, loyal, sophisticated and paternalistic.

Negative traits may be things like charmless, erratic and passive.

People will have different personality traits. Most will need to overcome the negative traits, while also accentuating the positive traits.

Traits can be learned, however some are innate to the wiring of the individual persons brain. To empathize fully we are aware of the other persons personality traits.

### 5.1.2. Major Areas of Life

There are major areas of a persons life. They include:

- Financial and other resources, Business/Career
- Living Environment
- Romance
- Social, Family & Friends
- Fun and Recreation
- Health & Fitness
- Growth & Learning, personal development
- Community

## 5. *Measuring the Self and the Other*

These areas are places that the person has control. We control where we live, who we socialize with. We control where we have fun, and we control our health and fitness levels.

For other-empathy we must realize where the other person stands in these areas of life. We need to know if they know how to have fun, or if they don't know what to do when they want to have fun. We need to know in a general way the health and fitness levels of the other person. We can enter more fully into the experience of the other when we know how they are managing these areas of life. We need to know where they stand and what goals they have for each of these areas of their life.

For self-empathy we need to know clearly where we stand in these areas. We need to know if there are areas that we would like to shape differently. We will know where we stand when we understand our thoughts and emotions and sensations surrounding these areas. For example we may think about our learning and education. While thinking about it we might feel disappointed in ourselves for our lack of education. This is part of self-empathy. This is important to know because when another person empathizes with us and senses our thoughts and our feelings and our sensations concerning our education they will sense how we are feeling. They will be able to also hold up a mirror to ourselves and better let us know how we feel about that certain area of our life.

### **5.1.3. Abstract Concepts**

Although most concepts are abstract, there are some abstract concepts that are still debated on. There are concepts that are abstract but aren't very much in debate, except for the higher end of academia. One example of an abstract concept that isn't much debated in language. We know what language is, and we know what writing is. These are abstract but not very debatable.

There are concepts that are abstract and still being explored philosophically. Things like:

- Justice
- Truth
- Culture
- Art
- Aesthetics
- Love

## 5. *Measuring the Self and the Other*

- Happiness

We can debate what brings us happiness, and what happiness even is. We can debate what art is and isn't. We have whole court systems dedicated to the abstract concept of justice.

To have other- and self-empathy means that we have an understanding of how we view these concepts, and how others view these concepts. It means to have an understanding as to whether us or the other person has many questions about these concepts. It is to understand whether us or the other person maybe has a very good understanding and has come to some real conclusions about what these abstract concepts are or aren't.

Philosophy is not just for trained philosophers. We must think about these concepts and see what others think about them. In places where we can vote we must struggle with what are just laws and what are unjust laws, and in order to do that we must think about the abstract concept of justice.

### **5.1.4. Physical Characteristics**

It is not shallow to look at someones physical body and wonder what the other person thinks about the visage that they show.

Other-empathy means that we look at another's head, body and clothing and see what their thoughts, emotions and sensations might be with how they present themselves. Self-empathy means that we look in the mirror and see what our own thoughts feelings and sensations are when we look at ourselves.

#### **Head**

The main parts of the head are the:

Forehead - Cheek - Chin - Eyebrow - Eye - Eyelid - Nose - Mouth - Lip - Tongue - Teeth - Ears - Jaw - Mandible - Occiput(back of head) - Scalp - Temple - Adam's Apple - Throat - Nape.

Noses can be short or broad, long or snub. Cheeks can be high or chubby or rosy. Faces can be round or oval or thin. Lips can be full or thin, pink or red.

color, texture or length. There is brown hair, black hair, white hair. It can be curly or straight. Hairlines can be receded, and someone can even be bald.

Eye color can be blue or green or brown. There are different shapes to the eyes such as large or round or almond. Eyebrows can be bushy or thin or trimmed. Eyelashes can be long or short.

For other-empathy we will need to know what another thinks and feels and senses about the varies parts of their head and face. For example, someone may

## 5. *Measuring the Self and the Other*

have very red cheeks that turn even redder very easily. They may turn red due to stress or high emotion. Other-thought-empathy means we guess what the other may be thinking about their red cheeks. Other-emotion-empathy means we guess what the other is feeling when their cheeks turn red. Other-sensation-empathy means we guess what the other may be sensing when their cheeks turn red.

### **Body**

Part of the body include: Abdomen - Waist - Midriff - Navel - Vertebral column - Back - Chest - Pelvis.

Arm - Shoulder, Armpit, Upper arm, Elbow, Forearm, Wrist, Hand (Finger, Fingernail, Thumb, Index, Middle, Ring, Little)

Leg - Buttocks, Hip, Thigh, Knee, Calf, Foot (Ankle, Heel, Toe, Toenail, Sole)

The overall build of a person can be thin or stocky. They can have a petite frame or a bulky frame.

Height can be tall or short or average.

A person can have a complexion which can be either dark or light or fair. There is olive skin and brown skin.

There can also be abnormalities that we will notice and react empathetically to: missing finger(s), hand, forearm, arm. Toe(s), foot, ankle, shin, knee, thigh. Missing teeth, eye(s), nose, ear(s), lip(s).

For example we might empathize with height. When we see someone that is seven feet tall we can empathize with them. Our other-sensation-empathy may guess that the person might not be able fit comfortably in the drivers seat of most car. Our other-emotion-empathy may guess that this frustrates them.

### **Clothing**

To enter into someones experience we must see what clothing they have chosen to wear. Clothing is something can change quickly from day to day, and even from hour to hour. We have thoughts and feelings and sensations when we see the clothes that others are wearing and when we see the clothes that we are wearing.

Clothing can be formal or casual. Clothing also has a color and sometimes a pattern.

Material - cotton, wool, polyester

Print - solid, flannel,

Label - American, European

Price - High, Low

## 5. *Measuring the Self and the Other*

Traditional/modern style

Fit - Ill fit, good fit, tight, loose, baggy

Condition - Good, Fair, Poor

Mens:

Hat - ball cap, trucker hat, top hat, Ascot, Beanie, Cowboy, fez, hard hat, helmet

Undershirt - crewneck, v-neck, tank top

Shirt - short sleeve, long sleeve

Jacket - suit jacket, winter jacket

Sweater - light, heavy, turtleneck

Trousers - suit pants, jeans, shorts, khaki, board shorts, sweatpants, Joggers

Socks - long, medium, short

Shoes - tennis, work boots, rain boots, dress shoes, sandals, slippers

Woman's:

Hat - Baseball, beanie, Gatsby

Shirt - tube top, sleeveless, long sleeve

Jacket - woman's suit, sweater, winter jacket

Dress - summer dress, skirt

Pants - Jeans, suit pants

Shoes - tennis, heels, flats, sandals

Jewelry - Necklace, rings, Earrings, sunglasses, watch

Umbrella

Accessories:

Cane

Rings

Earrings

Bracelet

Belt

Starting to empathize with what others are wearing is important.

### **Other**

Other physical characteristics are athleticism, accent, voice tone (high, low), physical strength.

### **5.1.5. Physical Needs**

Rule of Three's: Three minutes without oxygen, three days without water, three weeks without food.

## 5. *Measuring the Self and the Other*

Although our basic needs are the same, our levels of needs being met will be different depending on many factors. The time of day, whether we have already eaten or have already had sex. This is important as empathy is at it's best when it is in the now, and rooted in the present. The feelings the other person is feeling NOW, the feelings that I am feeling NOW.

Basic needs are: air, food, water, shelter, clothing and other resources.

We have needs that need to be met. We have different level of hunger in the past, present and future state. We must empathize and realize what levels of needs are being met by another person. If someone is having a hard time breathing we will notice that.

### **5.2. Measuring a Group of People**

Some ways to measure a group of people are: a mob mentality, a community, a country, protestors.

Some people will use the phrase "this isn't the same country it used to be." This means that the measurement of the group of people that make up this country has changed.

A group of people can have changing opinions, such as wanting to change the political tone of the country.

We might call a crowd "a tough crowd", meaning that we can't get the crowd to change their opinions, or in the case of comedians to make them laugh.

We hear stories about a group of onlookers and how they react to different situations that are happening around them such as crimes or natural disasters.

When there is a traffic accident and there is car traffic around that accident we say that everybody is rubbernecking, meaning they are slowing down in order to look at the accident.

A military commander may say to "attack as a group".

In certain business environments we will talk about the bureaucracy that is there, meaning that things are slow to get done and procedures are slow to change. We don't look at the individual that is doing a bureaucratic things, we say that the company, or group of people, is bureaucratic.

### **5.3. Measuring an Animal**

We are animals although we regularly mentally separate ourselves from the other animals the inhabit this earth. Animals can be measured.

## 5. *Measuring the Self and the Other*

There are intelligent mammals. German shepherds are intelligent as are dolphins. Some animals comparatively are not as intelligent.

Animals can have injuries that affect their thoughts and emotions and sensations. For example we know not to approach an injured dog.

We can look at a dog and perhaps see raised hair along their back. Their hackles are up. We are careful to avoid a dog that is in this state as their thoughts and feelings and sensations may be about fight or flight.

We have the phrase “a lone wolf” meaning a wolf that is separated from its pack. We know that such a wolf may be feeling vulnerable in this state and we steer very clear from such an animal.

### **5.4. Measuring a Group of Animals**

Different groupings of animals are names differently. A group of dogs is called a pack. A group of dolphins is called a pod.

Although a lone animal may attack, in general we know that there are mammals that attack as a group. We even have a saying “a pack of wild animals.”

Dogs can be socialized by being taken to places where there are lots of friendly dogs. A group of dogs can be social.

### **5.5. Measuring an Object**

Size, location. House, rock, mannequin.

With empathy in mind, the main way to measure an object is by how human looking or non-human looking it appears. Although we can't measure any thoughts or emotions or sensations in an object, we will project onto that object our own thoughts and emotions and sensation. We will also project what we think or feel the object may be feeling or sensing or thinking if it had been human.

For example, imagine a mannequin sitting on a chair. Mannequins can't sit, they are placed in locations, however even speaking about a mannequin has us project human qualities onto them.

Now imagine this mannequin that is placed on a chair, looking like a sitting person. Imagine that you are sitting fifty feet from the mannequin behind some bullet proof glass. Imagine you have enough time to observe the mannequin to know quiet assuredly that is indeed an object. In fact, you have walked over to the mannequin at some point and observed it up close.

## 5. *Measuring the Self and the Other*

Now, imagine as you sit behind the bullet proof glass someone with approaches the mannequin. In the persons hand in a hand gun. Now as the person approaches they shoot the mannequin.

As we sit behind the bullet proof glass we may become quite unsettled. What the person shot was an object, not much different from a target used in target practice. However, even though we know that it was an object we would have many thoughts and feelings and sensations going through us. Because the object looked so human we started becoming empathetic to that object. Our empathetic circuitry lit up in parts to the sight of the mannequin.

### **5.6. Measuring a Group of Objects**

Terra cota soldiers. Pile of rocks. Group of buildings.

Groups of objects range from objects that look human to objects that do not look human.

The waves out in the open ocean do not look human. We can see that they are not human. When describing a stormy sea we may describe the sea as a “raging ocean”. Oceans do not have emotions, and don’t look human, however we will try to give the threatening ocean a description that includes human emotions.

Imagine walking into a room that had four walls. Imagine each of the four walls was lined with sharp swords and sharp knives. We did not previously know what was in the room before we walked in. After walking into a room like that we might take a slightly defensive position. Even though we are sure that we are the only ones in that room. We may feel the knives and swords are too close to us and that they could do some damage.

Imagine reaching into an old box and pulling out a group of childhood toys. The toys are either a group of dolls or group of action figures. As you pull the dolls out of the dark box you may have to urge to speak to the them momentarily as if the dolls could think and feel and sense.

## **Part III.**

# **Building Empathy Model Step-by-Step**

# 6. Empathy Levels and Combinations

## 6.1. Definitions

There are concepts that are used many times while describing empathy. These concepts are listed below along with a possible defining word or phrase.

**Mature empathy.** This is empathy that is fully mature. All factors are at or near their maximal levels.

**Impeded empathy.** Empathy that is lacking in some factor. It can really be any factor that is lacking. If any factor is lacking or not maximal then there is a problem with the whole empathetic structure.

**Thoughts.** The thoughts that a human mind is consciously thinking of.

**Emotions.** The feelings that a person is experiencing.

**Sensations.** The totality of what a persons body is sensing. Includes the five senses, and also includes things like balance, bodily orientation, etc.

**TES.** Thoughts Emotions Sensations.

**TES packet.** The totality of the Thoughts Emotions and Sensations a person is consciously going through during a discrete moment in time. This moment in time could be the present time, or it could be the past, or even the future.

**Self-empathy.** The knowledge the self has of its own TES state.

**Other-empathy.** The knowledge the self has of another's TES state.

## 6. Empathy Levels and Combinations

**Mutual empathy.** A person with high self-empathy and high other-empathy interacting directly with someone with high self-empathy and high-other empathy. The freest exchange of TES packets.

**Past/present/future self-empathy.** Changing the discrete moments in time when empathy is applied. Empathy for a past TES state through memory. Empathy for a present TES state through real-time observation. Empathy for a future TES state through projection and calculation of odds (odds that something would occur).

**Past/present/future other-empathy.** Similar to above but for another person. Empathy for another's past TES state through memory or questioning. Empathy for another's present TES state through direct observation and questioning. Empathy for another's future TES state through projection and calculation of odds.

**Group empathy.** When a group of people are together a group empathy is created. Mob mentality, group history, etc.

**Animal empathy.** What an animals TES state might be.

**Animal group empathy.** What a group of animals TES state might be.

**Object empathy.** What an objects TES state might be. Is mostly projecting but is something that humans do.

**Object group empathy.** What TES state a group of objects might be in. Terra Cotta soldiers in rows and columns, raging sea waves, etc.

### 6.2. High, Medium and Low Empathy

**High Empathies** High self-empathy is someone that knows what they are thinking and feeling and sensing most of the time. They are most often actively monitoring their thoughts and their feelings and what they are sensing as they are interacting with other people. When asked to report their TES, they can give accurate answers to all three areas. They could tell you what they are thinking, what are the thoughts that are going through their head. They could also tell you what they are feeling with a good degree of granularity (describe emotions like notes in a symphony).

## 6. Empathy Levels and Combinations

High other-empathy is when someone has a good idea of what another is thinking and feeling and sensing. This isn't mind reading. This is reading the body language of the other, the facial expressions. This is reading the feelings that one can get from another person just by interacting with them. When trying to guess what another is thinking or feeling or sensing, they get close enough the first time. These first guesses will be totally plausible to everyone around, even if they aren't specifically right. After going back and forth some with another, they can come to some very close guesses on what the other is thinking or feeling or sensing.

**Medium Empathies** Medium self-empathy is someone that knows to some degree what they are thinking and feeling and sensing. They might not be able to explain fully and clearly what they are thinking. When asked they might not have a clear way of communicating what they are thinking, however they are aware of what they are thinking. When prodded and interviewed they can have what they are thinking put together in a very coherent way. They are aware of their emotions and what they are feeling, although they might not be able to quickly name them. If given a list of emotions they can easily point out what they are feeling, and those interviewing them will agree. They know what they are sensing to a high degree. They don't sit in uncomfortable positions and they know what they are tasting seeing hearing, etc. to a high degree. They may not be able to describe it, but they know what they are going through physically.

Medium other-empathy is when someone more or less will guess close to what another is thinking or feeling or sensing. Their guesses will sometimes seem plausible to those around them. Sometimes the guesses at first will be not very plausible to those around. With some time and effort you will start to get close to what the other is thinking or feeling or sensing. However, as much time goes by there are more things going on with the other person, so the guesses will seem a little behind in the conversation. Sometimes it will take much time to get to what another's TES state is.

**Low Empathies** Low self-empathy is someone that can't really describe what they are thinking and feeling and sensing because they are not regularly accessing these parts of their mind and body. It may take days to go over what different feelings are and how they relate to what they are going through. Getting information out of them takes so much time that when the information of what they were thinking emoting or sensing is finally drawn out, the time for the TES state is passed. If a second party lets them know what they think the person with low self-empathy is feeling, for example, they have a difficult

## 6. Empathy Levels and Combinations

Table 6.1.: Levels of Self- and Other-Empathy

|   | Self-Empathy | Other-Empathy |
|---|--------------|---------------|
| 1 | High         | High          |
| 2 | High         | Medium        |
| 3 | High         | Low           |
| 4 | Medium       | High          |
| 5 | Medium       | Medium        |
| 6 | Medium       | Low           |
| 7 | Low          | High          |
| 8 | Low          | Medium        |
| 9 | Low          | Low           |

time agreeing or disagreeing with the assessment.

Low other-empathy is you look at someone and you don't know what they are thinking or feeling or sensing. When you try and guess you are way off. You can't tell what emotion someone is feeling or what they may be thinking or sensing. When you try and figure out, with the help of the other, what the other TES states are, you have a difficult time coming up with any good guesses. If you are correct it will most likely be a random chance accident that you guessed right.

### 6.3. Combining High, Medium and Low Empathy for Self and Others

Table 6.1 shows the different levels of self- and other-empathy. We can go through this list and see what a person may act like when they have one of these combinations of empathy.

**High self-empathy and High other-empathy.** You can tell what you are thinking and emoting and sensing most of the time and you have good guesses on what another person is thinking and emoting and sensing. You can make connections with other people. You seek out others with high other- and self-empathy.

**High self-empathy and Medium other-empathy** You have a good grasp of your own thoughts and emotions and senses. When it comes to others TES you have guesses that are off the mark most of the time. Even with people that are close to you, there is a difficulty is connecting due to having trouble guessing/knowing what another is thinking or feeling or sensing.

## 6. *Empathy Levels and Combinations*

**High self-empathy and Low other-empathy** Once again, you know what you are thinking and feeling and sensing, but you have very little idea what another is thinking or sensing or feeling. You would come across as self-centered. Making shallow friendships would be a possibility as people may be drawn to your sense of self, however there would be an almost non-existent chance of making a close friendship. Holding this state would be difficult because without close connections you may lose the ability to know what you are feeling or thinking because you wouldn't have any close examples to go off of. To others you may appear put-together and cool. However, inside you may sense the loneliness and being disconnected from others.

This state cannot last long. You may take a few different paths. You may 'cave in' and recognize others TES and start to build up your other-empathy. Or, over time your self-empathy will diminish and you will become more and more disconnected.

This state can occur temporarily in a panic situation, when self-preservation becomes the most important thought. We can do things in order to save ourselves that we wouldn't normally do while in these temporary situations.

**Medium self-empathy and High other-empathy** This could be the beginning of codependency. You have some idea of what you are thinking and feeling and sensing. Occasionally you may be asked, "What were you thinking?", in response to something that you did where the thought process that you had was not apparent to others or yourself.

Your relationships are affected in a way you maybe don't understand. You might look at others and notice very clearly how they are with their relationships. You may notice a couple walking past you and be right, more often than not, how happy that couple is with each other.

Because you don't really know your own TES, you might feel that you are becoming a drag to be around. You will notice higher quality people very acutely, however you will have a difficult time having them want to spend large amounts of time with you due to you not being able to connect as fully as you could with them.

**Medium self-empathy and Medium other-empathy** You have mediocre relationships. You may not realize how mediocre they are because you have a hard time recognizing good relationships. The relationships that you do have contain 'drama'. This drama comes from the misunderstandings that are present when people don't understand other people's points of view. You may come to think and believe that drama is part of how you interact with other

## 6. Empathy Levels and Combinations

people and you may even like the drama created by misunderstandings. You may be restless and feel there is a better way to socialize, but there is no one there to show you any better. You may be looking at good socializers and not even recognize what you are looking at.

**Medium self-empathy and Low other-empathy** Enough self empathy to seem like they know themselves, however there is no empathy for other people. Exploitative. When this person harms another, they don't really feel themselves, through empathy, what the other is going through due to their actions. A mean girl. They may not realize that the harm they are causing others is actually harming themselves too. They may not notice their lack of connectedness, and therefore may never have a desire to change it.

**Low self-empathy and High other-empathy** The absolute codependent. The self-righteous door-mat. Has no idea what they are thinking or feeling or sensing, will take many hours or even days to get them to describe with accuracy what they are thinking or feeling or sensing. However a very high degree of knowledge concerning what another is thinking and feeling and sensing. A person prone to being exploited. May wonder when it's their turn to receive love. May feel that they love too much.

Probably comes from profound and surgeon-accurate abuse, as their other-empathy is left intact and their own personhood is crushed. A very unnatural state that comes from outside, coordinated, pressure. Cults can cause someone to be in this state. A mindless follower.

Very mentally sick, however can be hidden when they attach themselves to someone with some success in their own lives.

Will have no real connections to other people.

**Low self-empathy and Medium other-empathy** The codependent either on their way to becoming a narcissist, or a narcissist on the path to becoming mentally well.

The codependent from 7 above may start to burn out and lose their other-empathy. Their lack of connection may make it difficult to justify why they spend so much energy thinking about what others think feel or sense and may start to devalue their other-empathy.

May be because someone is severely neglected in childhood. May have had severe chronic long-term abuse as an adult. May come from the abuse of substances causing one to not grow emotionally.

## 6. Empathy Levels and Combinations

A very sick person who may not realize that they are sick, as they have very little clue as to how they are affecting other people. They may hurt another and not even notice. They may also help another and bring joy to another, yet will not notice that either.

Very close to narcissism or psychopathy. No one wants to be around them on a personal level, only on a superficial level (ie at work).

May not even realize how lonely they are. Will not notice the friendships and alliances that others make with each other.

**Low self-empathy and Low other-empathy** The narcissist. The special case of codependency.

May be in prison and thinking that they are "abandoned by society".

Most likely diagnosed with a personality disorder.

If successful in business will have a false self that they present to business partners and customers. There is no family or friendship intimacy. May be a self described workaholic, always working, no time for close or intimate relationships.

A stilted official and professional appearance when around their own family. No true smiles or true warmth can be detected, even in the warmest holidays (ie Christmas).

May claim to have good friends, but when observed interacting with them no warmth and connectedness is detected. May come across that they are ok with having their friendships be this way.

Always superficial and glib.

Through learning can be very cognitively perceptive of what others may be thinking or feeling or sensing, however the realization never goes past the cognitive level. The realization never reaches the empathetic feeling what another is feeling. They can and will use this information to lash out and control others. Since they can't make a harmonious and teamwork like connection, they can't guide another to help them with something in a friendly manner, they can only demand and threaten in order to get someone to help them.

Everyone can see that they are superficial and lonely, however they themselves cannot see this. They can't see friendships and love and intimacy in others, they can't have this modeled to them so that they can learn from the modeling. When they see two close friends together, they may only see two people talking and not the obvious friendship between the two people.

## 6. Empathy Levels and Combinations

Table 6.2.: Other and Self empathies crossed

|     | Self         |               | Other        |               |
|-----|--------------|---------------|--------------|---------------|
|     | Self-Empathy | Other-Empathy | Self-Empathy | Other-Empathy |
| 1   | High         | High          | High         | High          |
| 2   | High         | High          | High         | Medium        |
| ... | ...          | ...           | ...          | ...           |
| 81  | Low          | Low           | Low          | Low           |

### 6.4. Full crossover of two persons interacting

Let's take two people, each with their levels of Self- and Other-Empathy and have them interact with each other. Table 6.2 is an abbreviated table that shows the eighty-one possible combinations.

**High High High High** I have High self-empathy and High other-empathy, the other person has High self-empathy and High other-empathy.

The bridge can be built between you and this other person. There is a chance that if you or the other decide to, that you would be able to build a friendship. The key would be you would have a high degree of understanding of what the other is thinking, feeling and sensing, along with the other having a high degree of what you are thinking, feeling and sensing. Conversation is peppered with questions about the other persons TES states.

You understand the feelings inside of you that are originating inside of you, and you also have an understanding of the feelings inside of you that are originating through empathy from the other person. There is a clear separation between you and the other. The other person also understands what feelings are coming from them, and what feelings are coming from you. There is very little chance for any real relationship drama, just room for small misunderstandings that are turned into chances to learn about the others perspective.

Both people are by definition completely individuated, they are their own persons.

Both persons are able to put their psychological shields up when around strangers or people they do not trust.

This would be the best of all worlds. Two people interacting that know what they themselves are thinking and feeling and sensing, and are curious about what the other person is thinking and feeling and sensing. The two people are in tuned with their TES packet, and are working out in their minds what the state of the other person TES packet is. These are close friends. Somehow they know how important empathy is and they are using their empathy skills on themselves and on the other. These people are tight with each other, they have

## 6. Empathy Levels and Combinations

a very close understanding of the thoughts and the emotional states and senses of the other person. In terms of empathy this is the highest state of being.

**High High High Medium** I have High self-empathy and High other-empathy, the other person has High self-empathy and Medium other-empathy.

You have the ability to build relationships, and the other person has some abilities too. You will notice at times that the other person is self absorbed. Because you have such good other- and self-empathy you understand very quickly that the other person has some lacking in their own other empathy, and you can make allowances for that. You don't misunderstand when the other person is inaccurate with how you are thinking feeling and sensing. Although you don't ignore it or brush it off. You keep it squarely in your mind, very easily, that the other person has more thoughts on themselves than on other people. You understand that this is affecting the friendship.

When the other person guesses off the mark of what you are thinking feeling or sensing, you understand that they have medium other empathy and you can decide whether to take the time to hang out with them or not. The guesses coming from the other may not be too egregious so you may decide to stay in the friendship. The other person having a desire to be your friend may be enough for you to continue to hang around them.

Over time, an other that is in this state may start to have their self-empathy start to get damaged. Because they aren't connecting with others as tight, their self-empathy will most likely start to slip into them medium range. Of course, with your high self- and other-empathy, you will notice this slip and will continue to need to decide whether to keep the friendship going.

**High High High Low** I have High self-empathy and High other-empathy, the other person has High self-empathy and Low other-empathy.

This is a tough situation to be in. You will need to decide what is going on with the other person. You will need to figure out how the other person can be so clear with what they are thinking and feeling and sensing, yet have such bad guesses with how you are thinking feeling and sensing. You will have a hard time not being offended by such a person. They will come across as someone that doesn't want to be your friend. You will have to decide whether they don't want to be your friend or if they truly are blind to your thoughts and feelings and sensations. Either way you might not spend much time trying to befriend them. You certainly won't date them because becoming intimate with someone that has no idea with what your TES state is would very likely start damaging your empathetic abilities.

## 6. Empathy Levels and Combinations

Someone in this state may be coming out of a trauma that is making them spend all their empathetic energies on focusing and taking care of themselves. However, if this is the case, while they are healing you will most likely keep your distance and see what comes of it. A good counselor that is very educated in trauma may be able to guide a person like this back to health.

There is a near zero chance of building a friendship with such a person when they are in this state.

**High High Medium High** I have high self-empathy and high other-empathy, the other person has medium self-empathy and high other-empathy.

This is a danger. You realize that you are dealing with someone that is showing co-dependent traits, they feel clingy to you. You are initially interested because of their high understanding of what you are thinking and feeling and sensing. However, it becomes difficult to make a connection due to them not understanding fully what they are going through. Every time you make a guess to them about something that they may be feeling or sensing or thinking, it takes some time for them to let you know if you were right or not and how close your guess is. This slows down the building of the connection between you two.

Your influence may be strong enough to get them to start building up their own self-empathy. However, you will have to decide whether you want to invest the time or not in the other person. You, the individual, get to decide who you spend your time with on a day by day basis, and you will have to decide whether it's worth it or not.

**High High Medium Medium** I have high self-empathy and high other-empathy, the other person has medium self-empathy and medium other-empathy.

You may find yourself not drawn to this person, and not liking this person. You may start to feel that this person doesn't want to be your friend anyway. However, you will come to understand that they have only some understanding of what they are thinking and feeling and sensing, and only some understanding of what others are thinking and feeling and sensing. You will understand eventually that it's not that this person doesn't want to be your friend, it's that they have some impeded empathy and therefore are having trouble building the friendship bridge with anyone.

This person may come across as clingy, however, they won't understand how clingy they are. They can't see how their inability to build a bridge between you and them makes all their other actions seem clingy.

They may seem happy with their friend group and happy to have you around,

## 6. Empathy Levels and Combinations

but it becomes hard to stay around because of the lack of empathetic connection.

Empathy is not a priority with the other person as it is a priority to you. This difference in priorities will make it difficult to hang around them much. You prioritize empathy and the other person does not, and you won't budge, and they won't budge, so it makes it difficult to stay around each other as it looks like you are just different people.

However, you will understand what's going on, what the situation is, and won't be offended or hurt for very long.

**High High Medium Low** I have high self-empathy and high other-empathy, the other person has medium self-empathy and low other-empathy.

Once you come to realize the extent of the other persons empathy, you will not want to hang around them. They may come across as a scammer to you at first until you understand what their empathy levels are. You won't be able to make a connection with them, the other person may not even understand what the problem really is. There is really nothing to connect with as the other person hardly sees you as a person, will come across as only seeing you as an object. A bad liar.

**High High Low High** I have high self-empathy and high other-empathy, the other person has low self-empathy and high other-empathy.

Danger, you are dealing with a co-dependent. At first it may seem nice to interact with them, however, when you look closer they won't seem to have any personality of their own. They are always reacting to what you want and what you are doing. They are reactive to what you are thinking and feeling and sensing, however, they will never steer the conversation to what they themselves are thinking and feeling and sensing.

It is impossible to build a two-way connection. It feels like the other person is not "showing up" to the interaction.

Incredulous of their situation you may try and pull them out of their shell. However, there are most likely powerful reasons why they don't acknowledge their own thoughts and feelings and sensations, and when you try and help them those powerful reasons may violently become apparent.

After being burned by a co-dependent, you will learn to spot them quickly and early, and learn to have low expectations for them, and to most likely keep away from them. You don't stay away to punish them in any way, you stay away because it's impossible to build a connection with them. You may hope

## 6. Empathy Levels and Combinations

that one day they are able to turn their own very high other-empathy onto themselves, and learn to love themselves.

**High High Low Medium** I have high self-empathy and high other-empathy, the other person has low self-empathy and medium other-empathy.

You are dealing with a person that is lonely and is trying to connect with other people. When you interact with them it feels like they are trying to connect, however their empathy is so impeded that it makes it impossible to do so. You have a near impossible time trying to enter into their experience, and it becomes a lot of work. The other person, with their medium other-empathy, tries to enter into your experiences but gets the guesses so wrong about what you are thinking and feeling and sensing that it become painful to interact with them. They may be very intelligent, however, will come across as painful to socially interact with.

You will notice the other person trying to change the subject to more cerebral things like school or science subjects or theoretical things. They may be stimulating in this fashion. However, impossible to vibe with as on a personal level they don't know who they are and really who you are. You may work on a school project with them, however, after the project is done there is no personal connection to them.

There may be narcissistic traits that show through while interacting with them that make the interaction a bad deal.

**High High Low Low** I have high self-empathy and high other-empathy, the other person has low self-empathy and low other-empathy.

You are dealing with a narcissist, and you will naturally want to get away from them. They will treat you like a non-person and will see themselves as a non-person. You will see them as a non-person, however, it will be due to totally different reasons. You will be seeing someone that doesn't connect with anyone, and doesn't connect with themselves and due to this really looks like a robot with no personality and no ability to connect.

The walls are very high with this person, and you will sense how high their psychological walls are. You may wonder at first if their walls are up only temporarily and wonder what kind of person is behind those walls. However, the narcissists normal stance is to have their psychological walls up. You will quickly understand that they are not just temporarily protecting themselves with their high psychological walls, but these 'walls' are what they show the world, and what they want you to believe is who they really are. They will essentially spray-paint a picture of a person onto this wall and will try to con-

## 6. Empathy Levels and Combinations

vince you that the spray-painted picture is actually them and that you should interact with that false-self. The picture may look good, but you recognize it for the false-self that it is.

When the walls come down you will notice the lonely, disconnected person behind them. There is no connecting with this person. You may, once, try and connect with a person like this, but you will very quickly learn how much they can damage you because they only see you as an object.

You will quickly learn to spot these people from far off, and you will put your own psychological walls up and steer very clear of them. You will see that they will need a paid professional to give them intense, consistent, help in order for them to change, and you will realize that you don't have the time or resources yourself to do this. It's just too dangerous for a lay person. Stay away!

**High Medium High High** I have high self-empathy and medium other-empathy, the other person has high self-empathy and high other-empathy.

You will want to build a connection with the other person. You will recognize their empathetic abilities. If you are self-aware enough, you may realize that the other person has something to show you in the way of empathy. You have medium other-empathy, which may be enough for you to see that the other person can help you just by way of you spending time with them.

You may think there is a closer relationship than there really is. Your self absorption may cloud your reality of the situation.

When you start to see how the other person is thinking or feeling or sensing, you may be alarmed at how your guesses are off. You may feel somewhat awkward around this person. You may wrongly guess that you have awkwardness around this person because the other person is awkward. Or, you may rightly guess that you have a deficiency in reading other people, and this person you are talking to has a very good command of their own mental state, and a very good idea of the mental states of the people around them.

You will need to make friends with this person, as they have high enough empathetic skills to actually help your better yourself. You don't want to let them get away. However, because of your impeded other-empathy, you may not fully realize how socially skillful the other person actually is.

You may feel vaguely that you are somewhat selfish, and that you are somewhat lonely.

**High Medium High Medium** I have high self-empathy and medium other-empathy, the other person has high self-empathy and medium other-empathy.

## 6. Empathy Levels and Combinations

Because you and the other person have medium other-empathy, the friendship/relationship will suffer. There will be drama between the two because you will think that the other doesn't 'get you'.

Having medium other-empathy will make it difficult to build the bridge between you and them. You may be stuck always trying to get to know the other person, but having trouble doing it because you have trouble seeing their point of view. The other person will have trouble seeing your point of view because they will have a difficult time understanding what you are thinking and feeling and sensing. You will know what you are thinking and feeling and sensing, but will have a difficult time with what the other person is going through.

The drama may lead to the sense that there is no adult in the room, meaning there is no one with great enough empathy to resolve the conflicts and disputes between you.

**High Medium High Low** I have high self-empathy and medium other-empathy, the other person has high self-empathy and low other-empathy.

You may have a difficult time understanding that the other person is going through a stressful situation that is making them have such low other-empathy paired with high self-empathy. You may or may not understand where they are coming from with your medium other-empathy. You may not realize that they need help and support. You may just get annoyed by them and try and end the friendship, not understanding that their empathetic situation may be only temporary. You may feel that they are not understanding you at all.

There is a chance that you will guess right and see that they are going through an issue. It would be very difficult to have such high self-empathy and such low other-empathy for any length of time without your high self-empathy starting to be brought down.

With your medium other-empathy you may or may not understand the changes that are going on with the other person.

**High Medium Medium High** I have high self-empathy and medium other-empathy, the other person has medium self-empathy and high other-empathy.

You might erroneously like this person. They understand you the way you understand yourself, however there is no real friendship/relationship. This is you with a work assistant. You both will agree that the most important part of the relationship is you, but this won't make a friendship. You may or may not notice that the other person is relieved not to have much focus on themselves, and to instead focus on you. However, this will not be a mutual arrangement, as all attention flows to you, while the other person starves for real attention.

## 6. Empathy Levels and Combinations

If/when the other person leaves you, because there is no real connection to keep them there, you may just find another person with the same characteristics to be your sycophant. The other person will never challenge you to grow, they won't offend you, they will leave you though.

**High Medium Medium Medium** I have high self-empathy and medium other-empathy, the other person has medium self-empathy and medium other-empathy.

In order to get along, you may find your high self-empathy getting dragged down to medium self-empathy. You will be influenced by this person if you spend too much time with them. They will have mediocre friends and you will find yourself becoming mediocre. You need to bring your other-empathy up and find better friends, but if you can't find them you may just stick with what you have.

The other person may wonder why you have such a fine grain understanding of what you are feeling and thinking and sensing, and won't encourage you to keep that trait.

If you find a person with high self and high other-empathy, they might not want to be around you because of your medium/medium friends.

**High Medium Medium Low** I have high self-empathy and medium other-empathy, the other person has medium self-empathy and low other-empathy.

You may or may not have the smarts not to hang around with this person. You may misinterpret that their low other-empathy as at least medium other empathy. Chances are you will notice this correctly, but if you don't soon enough, if the other tries to fake you out, this may turn out to be the worst friend you've ever had. Hopefully you will understand quickly that the other person doesn't, and can't, care for you. There will be no connection except the superficial connection. With their low other-empathy the other may be used to being a con man to other people.

Be very good at listening to your voice inside of you that tells you to stay away from this person. Use your high self-empathy to listen to your thoughts and feelings and senses.

**High Medium Low High** I have high self-empathy and medium other-empathy, the other person has low self-empathy and high other-empathy.

You may not understand the co-dependent state that this person is in due to your medium other-empathy. You may not gather correctly where the other person is actually coming from. Your high self-empathy can be dragged down by their low self-empathy if you spend too much time with them.

## 6. Empathy Levels and Combinations

Impossible to build a friendship as they really don't bring anything to the table except making you feel good from the attention. The feel good from the attention will be replaced with the neediness that they also bring, because they don't know who they are.

You will have to keep yourself from accidentally abusing the other. You may not realize it due to your medium other-empathy, which is partly blind. Also, their low self-empathy, which won't fight back and doesn't really understand when they themselves are being hurt.

**High Medium Low Medium** I have high self-empathy and medium other-empathy, the other person has low self-empathy and medium other-empathy.

You are dealing with a half co-dependent/half narcissist. There is a chance you won't notice for a while, and by that time they could have done psychological harm to you.

The best course of action is to find better friends. You may feel like you are starting a connection to this person, however the connection won't go very far.

**High Medium Low Low** I have High self-empathy and medium other-empathy, the other person has low self-empathy and low other-empathy.

Danger! You are dealing with a narcissist. You have a good chance at noticing that you are dealing with someone that just can't connect with either themselves or other people. With your medium other-empathy you will hopefully observe quickly how they interact with other people and pin them as a narcissist quickly.

You are so far away from them in terms of empathy levels that hopefully your subconscious mind spots them and steers you away from them before you even become aware. However, having good solid reasons why you are not interacting can only help. The narcissist may try to cerebrally convince you why you should hang out with them. Knowing explicitly what empathy is and what it isn't, and it's importance, will keep you safe because your cognitive mind will have a clear understanding of why you are staying away. You won't be able to be convinced due to your knowledge of empathy and your direct observations. You don't need to argue with a narcissist at all, this is just for your benefit so you don't feel any guilt when you cease hanging out with them.

**High Low High High** I have high self-empathy and low other-empathy, the other person has high self-empathy and high other-empathy.

You are in a state that can't be held very long, and is most likely there because of some immediate traumatic experience that you are just facing. Or, there was

## 6. Empathy Levels and Combinations

a long term chronic abuse that you are involved in (an abusive boss, etc.).

If you recognize what is happening to you, and are trying to get away from the abuse, you may want to do whatever you can to hang out with this other person. Get away from the abuse, or work through the trauma, and spend time with this person as much as they will allow.

The other person will remain standoffish until you can prove that you are trying to come out of you low other-empathy.

**High Low High Medium** I have high self-empathy and low other-empathy, the other person has high self-empathy and medium other-empathy.

If you are in a traumatic situation this person may be able to help you. They might not notice fully your low other-empathy, and if you allow they may be able to influence your low other-empathy and bring it up. The other person may have gone through something mildly traumatic and you may share a common bond.

You can support each other in increasing your other-empathy over time.

**High Low High Low** I have high self-empathy and low other-empathy, the other person has high self-empathy and low other-empathy.

You are most likely working on self-preservation from a traumatic experience. You have found someone that looks like they are going through a traumatic experience.

Be prepared you may grow faster than the other person. If this happens take it for what it is, we are all on our own journey and are only willing to accept the help we decide to take.

**High Low Medium High** I have high self-empathy and low other-empathy, the other person has medium self-empathy and high other-empathy.

You are most likely in a temporary state due to some type of traumatic event or events. You may not realize fully that you are having an impossible time reading other people. You might see everybody as 'out to get you'. If you meet someone with medium self-empathy and high other-empathy they may try and help you out. However, if you don't look like you are helping yourself they might not stay.

In this state it is impossible to build a friendship. To some people it might look like you have a huge ego and don't care about anyone else.

**High Low Medium Medium** I have high self-empathy and low other-empathy, the other person has medium self-empathy and medium other-empathy.

## 6. Empathy Levels and Combinations

I am in a temporary state most likely due to some type of traumatic event where self-preservation is all important. The other person won't know what to do with me. They would have a hard time understanding such low other-empathy as well as such high self-empathy.

**High Low Medium Low** I have high self-empathy and low other-empathy, the other person has medium self-empathy and low other-empathy.

You are most likely in a temporary state caused by some traumatic event or events. You may not realize if this other person has bad intentions. They see you as an object, and they may try look like they are helping you when they are in fact wanting to take advantage of you.

When you are in this state you need to run to friends and family to heal up. You are in a vulnerable and confused state. Interacting with someone with low other-empathy is not a good idea, and could get you hurt.

You will be bored by this other person.

**High Low Low High** I have high self-empathy and low other-empathy, the other person has low self-empathy and high other-empathy.

You are in a temporary state most likely due to trauma(s). You have met a co-dependent in the other person. They will try and help. They may even be able to help some. However, you can't build a friendship/relationship with them because they don't bring anything 'to the table' as they don't know who they really are.

If there is a trauma that you are experiencing you may find the other person helpful to an extent. After the trauma is eased and you go back to your natural other-empathy levels you may think different. You may find that it is impossible to make a friendship with the other person. However helpful they were to you, there can be no relationship as they are not accessing their own TES states. If they aren't accessing these states then they don't have much to share with you.

You may feel stuck with this person, as if you owe them friendship for their help. However in their state they are incapable of friendship. You may decide to spend time with them to influence their lack of self-empathy. However, be warned that this will take a lot of time and energy to do. You have to balance out your obligations to the others in your life with the time it would take to help this other.

**High Low Low Medium** I have high self-empathy and low other-empathy, the other person has low self-empathy and medium other-empathy.

## 6. Empathy Levels and Combinations

You may be going through a traumatic event. The other person will not be able to help you. You may not even notice this person. There is really no way to build any type of friendship with this other person. Recognize who you are dealing with and don't take help from them.

**High Low Low Low** I have high self-empathy and low other-empathy, the other person has low self-empathy and low other-empathy.

Danger! Stay away! You must have a part of your brain working to recognize this person, even if you are going through a situation. In your vulnerable state you may be a ripe target for this other. They may influence you to lower your self-empathy and try and trap you into their own miserable situation. Make no mistake, this other is miserable because you or anyone else can't form a friendship with them. They bring nothing to the table but lies and an inability to connect.

Stay away from them.

**Medium High High High** I have medium self-empathy and high other-empathy, the other person has high self-empathy and high other-empathy.

You are partly co-dependent but not completely. If you find an other that is in this state of high self-empathy and high other-empathy, do what you can to hang around this person. Take any time with this person you can take, and use that time to increase your own self-empathy. Watch how this other regards their own thoughts and feelings and sensations. Emulate what they do, allow them to influence you.

Your high other-empathy will allow you to observe them accurately, and you can use that and turn it around and apply it to yourself.

When you are interacting with others you will constantly be judging the others self- and other-empathy. Do the same with this person. See if they actually ring true, if they are what they seem. Watch how they interact with other others. There are some others that can mimic this type of empathy for a little while. Don't lie to yourself thinking you found a high/high when there is evidence to the contrary. Don't ignore real evidence to the contrary. However, if they ring true then spend time with them whenever you can.

**Medium High High Medium** I have medium self-empathy and high other-empathy, the other person has high self-empathy and medium other-empathy.

Be careful of your conversations all revolving around this other. Be sure to include talk about your own thoughts and feelings and sensations, and allow the other to learn to become interested in your own TES.

## 6. Empathy Levels and Combinations

**Medium High High Low** I have medium self-empathy and high other-empathy, the other person has high self-empathy and low other-empathy.

This other may be going through a traumatic event in their life. You will be affected by them. With your own medium self-empathy, you may not really realize the extent that this other person is affecting you until they've affected you a lot. You may have a hard time protecting yourself from this person, you may have a hard time understanding what TES is coming from you and what TES is coming from the other.

You may try and help the other in this state, or, try and point them over to their family for help. You decide what you want to do, and you decide how much time you will spend with them. You decide whether it's worth the investment or not.

**Medium High Medium High** I have medium self-empathy and high other-empathy, the other person has medium self-empathy and high other-empathy.

You are similar to the other. You will need to make sure that you don't accept your medium level of self-empathy, and that you increase your self-empathy. When with this other you may be tempted to keep your self-empathy at the same levels, and tempted not to challenge the other in their own medium self-empathy.

You can build a friendship with this other.

**Medium High Medium Medium** I have medium self-empathy and high other-empathy, the other person has medium self-empathy and medium other-empathy.

You will notice the others impaired empathy. You can choose to be friends or not. Be sure to look out for others with non-impaired empathy so that you can bring your self-empathy up from medium to high.

**Medium High Medium Low** I have medium self-empathy and high other-empathy, the other person has medium self-empathy and low other-empathy.

You will have a difficult/impossible time making a friend out of the other. Most of the time they see you as an object and not a human being, and you will notice. You will want to stay away. There is not a relationship/friendship to be had when they see you as an object.

**Medium High Low High** I have medium self-empathy and high other-empathy, the other person has low self-empathy and high other-empathy.

You will notice that they have high other-empathy, you will also notice that they are co-dependent at the same time. They will drag you down if you aren't

## 6. Empathy Levels and Combinations

careful, best to stay away or spend as little time as possible with them. Keep your psychological shields up when around them, do not let them influence your own self-empathy which is at a medium state and could be brought down without you even noticing.

**Medium High Low Medium** I have medium self-empathy and high other-empathy, the other person has low self-empathy and medium other-empathy.

You will notice the others co-dependent nature. You may even recognize that they are close to being narcissistic. You may not realize the effect they are having to you due to only medium self-empathy. You may not notice how they are changing your empathy levels and bringing them down. Stay away from this person as soon as you recognize them.

**Medium High Low Low** I have medium self-empathy and high other-empathy, the other person has low self-empathy and low other-empathy.

Danger! You must recognize this other for who they are, they are an other that cannot connect with you. They could learn, however that would come at a cost of much time and effort. Don't spend time with this person, only brief and very vague conversations if necessary. They cannot connect, no matter how hard you try. No matter what you bring to the table, they bring nothing to the table.

**Medium Medium High High** I have medium self-empathy and medium other-empathy, the other person has high self-empathy and high other-empathy.

Do what you can to hang around with this other. Be aware, though, that you may have gotten their empathy levels incorrect due to your medium other-empathy. Continuously monitor their empathy levels to make sure you got it right. Let them influence you by hanging around them whenever you get the chance.

Don't be offended when they don't want to hang out with you. Just do what you can to be influenced face-to-face by them. Raise your own empathy skills by being influenced by them.

**Medium Medium High Medium** I have medium self-empathy and medium other-empathy, the other person has high self-empathy and medium other-empathy.

You can learn from this other. They may seem a little standoffish when you interact with them, however notice how they treat themselves. They know what they are thinking and feeling and sensing. Force yourself to learn your own TES

## 6. Empathy Levels and Combinations

states as well as theirs. Don't try and bring down their empathy level, as they may reject you.

**Medium Medium High Low** I have medium self-empathy and medium other-empathy, the other person has high self-empathy and low other-empathy.

Be careful. This person may be going through a traumatic situation, which is really one of the only situations where you can have high self-empathy and low other-empathy. There is a degree of self-preservation in this person. You can choose to help them or not help this other, it is up to you. You may get them to a safe spot and be sure they are safe. You will have to wait to see what their real empathy levels are. An other in this situation may actually get stuck and start lowering their self-empathy rather than restore their other-empathy.

**Medium Medium Medium High** I have medium self-empathy and medium other-empathy, the other person has medium self-empathy and high other-empathy.

You are in a state where you have some friends/connections. This other is similar however their other-empathy levels are high. They may have studied body language, and read books on human communication. However they did it you can learn from them. Try to make and keep a connection to learn how they read other peoples TES states more accurately so that you can become more accurate too.

**Medium Medium Medium Medium** I have medium self-empathy and medium other-empathy, the other person has medium self-empathy and medium other-empathy.

Some drama in the friendship due to misunderstanding one another TES states. You may feel complacent in this friendship due to none of you challenging the other to increase their empathy skills. You may wonder why you have the friends that you have. There is some discontent, however you can't really place it. When others around have high levels of self- or other-empathy, you may not even recognize it, and the others you are with might not recognize it either. You may lose these others if you try and fix your empathy levels. Don't let this stop you though.

**Medium Medium Medium Low** I have medium self-empathy and medium other-empathy, the other person has medium self-empathy and low other-empathy.

You will not be able to connect with this other person due their low other-empathy. They will see you as an object regardless of how you interact with

## 6. Empathy Levels and Combinations

them. You may at first think that they are at the same empathy levels as you, however you will find out, sooner or later, that they have low other-empathy. When you realize how low their other-empathy is it will make sense why you don't want to hang around them much.

**Medium Medium Low High** I have medium self-empathy and medium other-empathy, the other person has low self-empathy and high other-empathy.

You have found a co-dependent, a person that is in a state where they don't know what they themselves are thinking or feeling or sensing. It will be a double-edged sword with this other. Their high other-empathy may influence your own other-empathy and help to raise it. However, their low self-empathy will lower your own self-empathy. Overall you can't make a friend with this person when they are in such a state, and you will find yourself not wanting to be around them much anyway.

**Medium Medium Low Medium** I have medium self-empathy and medium other-empathy, the other person has low self-empathy and medium other-empathy.

Danger! This other may be on the way to becoming a narcissist. If they start to lose their other-empathy they will have gone down the path to being a narcissist. There is no way to connect to this person as they don't bring anything to the table due to their low self-empathy. They don't know what they are thinking or feeling or sensing so they can't fully connect with you.

They may be a narcissist trying to pull their way out of narcissism (low self- and low other-empathy). In either case, better to let them be whenever possible, and find others to connect to.

**Medium Medium Low Low** I have medium self-empathy and medium other-empathy, the other person has low self-empathy and low other-empathy.

Stay away! Do not interact with this other! When needing to interact be vague and brief. They see others as objects and themselves as an object, they don't know what friendship is and how important friendships are. They will wreck your social life. They are drowning and don't even know it, and if you try and help them they will bring you down. They must get professional help to get themselves out of this mess. Let them go get the help that they need if they are so inclined to get it.

**Medium Low High High** I have medium self-empathy and low other-empathy, the other person has high self-empathy and high other-empathy.

## 6. Empathy Levels and Combinations

This other will hardly notice you. With your low other-empathy you are not someone that can make a friendship. You can't bridge the gap between the two of you, and the other knows it. The other knows it instantly, and at an almost subconscious level. The other has tried to interact with people with your empathy levels and has realized that it just doesn't work.

With your empathy so much lower you might not even understand what the other is noticing in you, and in the other people around. With such low other-empathy you would probably not even notice the other very much.

This may be the beginning of being able to divide the world into two groups of people. One group has high empathy levels, basically they have mature empathy. The other group has impeded levels of empathy. These two groups do not mix with one another, simply because they really don't understand each other. They don't understand how you can interact with people in that way.

**Medium Low High Medium** I have medium self-empathy and low other-empathy, the other person has high self-empathy and medium other-empathy.

With your low empathy levels will have an impossible time making a friend. The other will notice your low other-empathy and probably stay away from you. Their high self-empathy will work to keep them safe, even when their medium other-empathy doesn't really know exactly what's going on. These people won't mix.

**Medium Low High Low** I have medium self-empathy and low other-empathy, the other person has high self-empathy and low other-empathy.

You two may be going through a traumatic situation either together, or separately. During this time it will be impossible to build a friendship. You may have a shared experience that somewhat bonds you, but there won't be a friendship. Like soldiers do when they come back from a war, you can easily lose track and forget about each other. If you are in a traumatic situation this other will not be able to help you much.

**Medium Low Medium High** I have medium self-empathy and low other-empathy, the other person has medium self-empathy and high other-empathy.

With low other-empathy you will see others as objects so you will not be able to make a connection with an other. This other will notice and will not want to hang around with you.

**Medium Low Medium Medium** I have medium self-empathy and low other-empathy, the other person has medium self-empathy and medium other-empathy.

## 6. Empathy Levels and Combinations

With low other-empathy you will still not be able to build a friendship/relationship with another person. Only your mother will love you. The other will most likely, sooner or later, notice how you treat them like an object, and will not want to hang out with you.

**Medium Low Medium Low** I have medium self-empathy and low other-empathy, the other person has medium self-empathy and low other-empathy.

You treat others like objects. You may not even fully realize it. Maybe it's due to a traumatic upbringing. The other may be someone that you hang out with. You have no friends, only acquaintances. This other is only there for convenience sake, they do not care about you, there is no real connection. You may bring each other down and essentially become people who carry out criminal acts. One, or both, of you may end up in jail. There may be "honor among thieves", but no real friendship.

**Medium Low Low High** I have medium self-empathy and low other-empathy, the other person has low self-empathy and high other-empathy.

This other is a co-dependent, and may be the only acquaintance you can make, due to your low other-empathy. They may stay around for a while, but they won't want to get pulled down by you. They may wise up and move on from you. Once again, there is no real connection.

**Medium Low Low Medium** I have medium self-empathy and low other-empathy, the other person has low self-empathy and medium other-empathy.

Once again, you have no friends due to your inability to connect due to low other-empathy. This other is partly co-dependent, and partly narcissistic. You may not even notice that. They may start to take advantage of you, but due to your low other-empathy you won't realize it's them causing you pain.

**Medium Low Low Low** I have medium self-empathy and low other-empathy, the other person has low self-empathy and low other-empathy.

Stay away from this other! They are a narcissist. Your impeded empathy may not realize that this other is the one causing you harm. You just won't feel right after hanging out with this person. Once you see them truly for who they are stay away from them. There is no friendship to be built with this other.

**Low High High High** I have low self-empathy and high other-empathy, the other person has high self-empathy and high other-empathy.

## 6. Empathy Levels and Combinations

You are a co-dependent. This other will notice immediately. One day you will find them not wanting to hang out with you. The only solution is to increase your self-empathy.

**Low High High Medium** I have low self-empathy and high other-empathy, the other person has high self-empathy and medium other-empathy.

You are a co-dependent. The other will notice this about you and you will be avoided. The other will not want your lack of self-empathy to bring down their own self-empathy. Self-empathy is too important, your lack of self-empathy keeps you from knowing how important it is.

**Low High High Low** I have low self-empathy and high other-empathy, the other person has high self-empathy and low other-empathy.

You are a co-dependent. The other may be going through a traumatic situation. You may try and help them, but you won't be able to build a friendship. You may end up talking about the others favorite subject: themselves.

**Low High Medium High** I have low self-empathy and high other-empathy, the other person has medium self-empathy and high other-empathy.

You are a co-dependent. The other will notice this and will spend minimal time with you. It doesn't really matter, because in this state you can't make a friendship anyway.

**Low High Medium Medium** I have low self-empathy and high other-empathy, the other person has medium self-empathy and medium other-empathy.

You are a co-dependent. You and the other will have drama. They will not understand you, how you can read them so clearly yet they cannot read your TES states. You will just look like a freak to them because your empathies are so different from theirs. Your low self-empathy is just killing your chances of friendships.

**Low High Medium Low** I have low self-empathy and high other-empathy, the other person has medium self-empathy and low other-empathy.

You are a co-dependent. The other is partly a co-dependent but may be on their way to full on narcissism with their medium self-empathy. Stay away from this other, don't try and help them, they will use you for your attention. You won't learn anything about empathy.

## 6. Empathy Levels and Combinations

**Low High Low High** I have low self-empathy and high other-empathy, the other person has low self-empathy and high other-empathy.

You are a co-dependent. The other is a co-dependent. There will not be any connection between the two of you. You will be two empty people trying to hang out, neither of you bringing anything to the table. You may use the others knowledge of your TES states in order to understand what your TES states are. However, this type of use of an other will not create a friendship.

**Low High Low Medium** I have low self-empathy and high other-empathy, the other person has low self-empathy and medium other-empathy.

You are a codependent. The other may be on their way to becoming a full-fledged narcissist. They are close to being a narcissist at this point. Stay away. There will be no real friendship.

**Low High Low Low** I have low self-empathy and high other-empathy, the other person has low self-empathy and low other-empathy.

Stay away! You will want to try and help them. You may think you know what is wrong with them. And you may be right. Still, stay away! Do not hang out with this person, do not date this person, do not marry this person. This person needs a lot of professional help, not just some person off to the side trying to help them.

**Low Medium High High** I have low self-empathy and medium other-empathy, the other person has high self-empathy and high other-empathy.

You may be on your way to becoming a narcissist. You may be a burned out co-dependent. You may be a narcissist on a journey to leaving narcissism. This other will notice your impeded empathy and will stay away from you. You might not even understand how this person is empathetically interacting with other people.

**Low Medium High Medium** I have low self-empathy and medium other-empathy, the other person has high self-empathy and medium other-empathy.

You may be on your way to becoming a narcissist. You will not connect with anyone with low self-empathy. The other will notice this. Don't be surprised if they don't want to hang out with you.

**Low Medium High Low** I have low self-empathy and medium other-empathy, the other person has high self-empathy and low other-empathy.

## 6. Empathy Levels and Combinations

You may be on your way to becoming a narcissist. You will not connect with anyone in this state. The other may be going through a traumatic experience. You may try and help, but the other will not want your help for long.

**Low Medium Medium High** I have low self-empathy and medium other-empathy, the other person has medium self-empathy and high other-empathy.

You may be on your way to becoming a narcissist. The other will notice that and will not want to be around you. You can't help the other increase their empathy. Your low self-empathy guarantees you can't bring anything to the friendship.

**Low Medium Medium Medium** I have low self-empathy and medium other-empathy, the other person has medium self-empathy and medium other-empathy.

The other may tolerate you. It's overall a bad situation for you and the other. You are an anchor in the friendship, dragging it down even lower. The other will partly notice this, but may not fully realize it. The other cannot really influence you in a positive direction.

**Low Medium Medium Low** I have low self-empathy and medium other-empathy, the other person has medium self-empathy and low other-empathy.

You won't build a friendship with low self-empathy, over time there won't be a strong connection. The other treats you as an object, and at this point may have criminal tendencies. Find better people to be around.

**Low Medium Low High** I have low self-empathy and medium other-empathy, the other person has low self-empathy and high other-empathy.

The other is a co-dependent. You might spend time with them but there won't be a strong friendship due to both of your low empathy levels. There will only be a superficial acquaintance.

**Low Medium Low Medium** I have low self-empathy and medium other-empathy, the other person has low self-empathy and medium other-empathy.

You are half co-dependent and half narcissistic. The other is the same way. There will be little to no connection between you two. There will be drama. There will not be a good friendship.

**Low Medium Low Low** I have low self-empathy and medium other-empathy, the other person has low self-empathy and low other-empathy.

## 6. Empathy Levels and Combinations

Danger! Stay away! This other is a narcissist. You may get sucked into this others world. You won't realize what they are doing to you with your low self-empathy. They won't fully understand what they are doing to you or to themselves. There is no chance of connection with this other. You may feel like settling for this person. Find better people with less impeded empathy, stay away from this person.

**Low Low High High** I have low self-empathy and low other-empathy, the other person has high self-empathy and high other-empathy.

You are a narcissist at this point. This other will stay away from you. You will purposefully try and cause drama between the two of you. The other will notice this immediately and will stay away from you, and will spend time with their own friend circle. Unfortunately you will have zero chance of spending any time with this person to get influenced by them. You require a lot of emotional and mental help that really only a professional can provide at this point. This other will know that.

In this state that you are in you may not even notice others with such strong empathy muscles. It will not even register in your mind what they are actually doing. You don't see the friendships that the other makes because you don't know what friendships are.

You may be the last person on earth to even know how sick you really are.

**Low Low High Medium** I have low self-empathy and low other-empathy, the other person has high self-empathy and medium other-empathy.

You are a narcissist. This other will sense it. They will stay away from you. You won't even understand how this person is interacting with the others around them because you don't understand empathy.

**Low Low High Low** I have low self-empathy and low other-empathy, the other person has high self-empathy and low other-empathy.

You are a narcissist. You will see this other as maybe going through some kind of traumatic event. You may try and feign help. When their low other-empathy goes back to normal levels, they will not want to spend time with you. They will drop you. You may try and come in showing as a white knight in shining armor, but they will eventually notice what's really going on and the real state of your empathy levels.

**Low Low Medium High** I have low self-empathy and low other-empathy, the other person has medium self-empathy and high other-empathy.

## 6. Empathy Levels and Combinations

You are a narcissist. You will not really understand this other. In fact you have a hard time understanding most people, you don't get interactions at all. This other will see what's going on and will reject you quietly. You two will never see eye-to-eye if you continue to stay in this state. You may try and bring this other down to your swamp of misery.

**Low Low Medium Medium** I have low self-empathy and low other-empathy, the other person has medium self-empathy and medium other-empathy.

You are a narcissist. This other person will notice that and quietly reject you. They have a social circle they are working with, and they don't want you ruining it. They may give you a chance, but the door will close eventually.

**Low Low Medium Low** I have low self-empathy and low other-empathy, the other person has medium self-empathy and low other-empathy.

You are a narcissist. This other is close to being a narcissist. You may find a criminal ally in this other. You will not find a friendship because in this state neither of you know what a friendship is. You lack the foundation.

**Low Low Low High** I have low self-empathy and low other-empathy, the other person has low self-empathy and high other-empathy.

You are a narcissist. You have found a co-dependent. You will never build a friendship with this other, because the both of you are lacking the empathetic foundations to build one. You can't build any connection with this other. You may think you have built a connection, but the other may just be locked into trying to help you. You may try and marry this other, and have both of you live off of their high other-empathy. You will use their high other-empathy to help you and them navigate social situations. However, you will essentially be cared for like a mentally handicapped child. There will be much drama in the marriage.

There will be a fear that if one of you, or both of you, get help and pull out of your impeded empathy that one or the both of you will change so much that you will not be able to keep the marriage together. This may be true. Impeded empathy is hiding the real you from yourself and each other.

**Low Low Low Medium** I have low self-empathy and low other-empathy, the other person has low self-empathy and medium other-empathy.

You are a narcissist. This may be your only "friend", only because the other has such impeded empathy that they don't really understand how friendships work.

## 6. Empathy Levels and Combinations

**Low Low Low Low** I have low self-empathy and low other-empathy, the other person has low self-empathy and low other-empathy.

You are a narcissist. You have found another narcissist. You will not get along at all. Both of you are bringing absolutely nothing to the interactions. You will practice your fake niceness to each other, and may even try and come across to others as friends. Your fake 'friendship' will look weird to others. You will not grow if you spend time with this other.

### 6.5. We empathize with ourselves

Our own emotions and thoughts and sensations can lead to other emotions or thoughts or sensations. Smelling coffee cake baking in a house can bring memories of childhood and home. The smelling of the coffee cake is a present-self-sensation-empathy in that you notice the smell of the coffee cake baking. This self-empathy brings a past-self-thought-empathy as you remember your childhood home. You can keep self-empathizing in this way. The memory of childhood brings the thoughts of your kitchen table. Your past-self-thought-empathy of your childhood that came from the present-self-sensation-empathy of smelling the coffee cake baking leads to a past-self-thought-empathy of the kitchen table in the house.

We can empathize with the future. We imagine what it would be like to have a million dollars in the bank. As we imagine the money in our bank account we are having a future-self-thought-empathy. That future-self-thought-empathy can lead to imagining the good feelings that we might have having that money in the bank, or a future-self-emotion-empathy that is the good feeling. We are presently feeling the good feelings coming from the thought of having the million dollars in the bank, however the good feelings are really coming from a projection of our future self having these emotions.

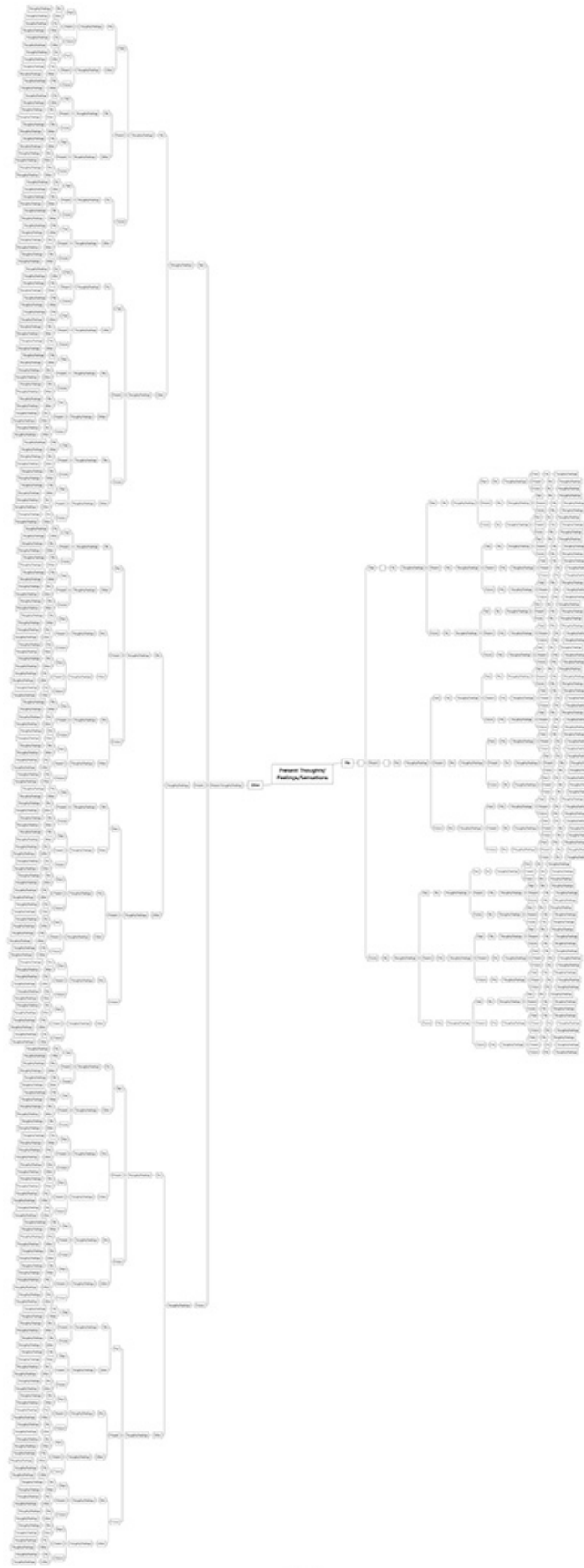
We can empathize freely with our past, present or future selves using either thought or emotions or sensations. A past thought can lead to either a past thought or emotion or sensation, or the past thought could lead to a present thought or emotion or sensation. Or that same past thought can lead to a future thought or emotion or sensation.

For example, we could have a present-self-thought-empathy as our thoughts are occupied by looking at someone riding by on a bicycle. That could lead to any number of past present or future thought, feelings or sensations.

Watching that bicycle we could be lead to a past thought of riding a bike. We could be lead to a past emotion of being scared of riding a bike. We could be

## 6. Empathy Levels and Combinations

Figure 6.1.: Charting self empathies



## 6. *Empathy Levels and Combinations*

lead to a past sensation of almost feeling the wind on our bodies from riding a bike in the past.

We could be lead to present empathies. We could be lead to the present thought that we have a bike right next to us. We could be lead to a present emotion of envy as we see the bicyclist ride by us. We could be lead to a present sensation empathy as we move our hands forward a little and feel what the person on the bike must be feeling.

We could be lead to future empathies. We could be lead to a future empathy thought of us having a new bike. We could be lead to a future feeling of elation as we imagine riding a bike in a bike race. We could be lead to a future sensation as we imagine ourselves in the near future sitting and riding our own bike.

Coming from that one thought, seeing the person on the bike, we can empathize with ourselves and be lead to other thoughts emotions or sensations from the past present or predicted into the future.

It gets deeper. Each one of those thoughts or feelings or emotions that came from our present-self-thought-empathy can lead to another thought or feeling or sensation from either the future or the past or the present.

Picking one at random, we can do the past emotion of being scared of riding a bike. The present-self-thought-empathy of seeing the person on the back brought up the past-self-emotion-empathy of being scared in the past of a bike. This can lead to a thought that you are not a kid anymore and you aren't scared of bikes. This led to essentially a present-self-thought-empathy of I'm not a kid anymore.

Let's move this last idea even further. We saw the bicyclist, we had the memory being scared, and then we had the thought that we are presently not a kid anymore. That memory of being scared could bring up a memory of a thought that when you were scared of the bike you looked into the future and thought that you would one day not be a kid and not be scared of things like bicycles. The would be a past-future-self-thought-empathy, where you remember a thought in the past of something that would likely happen to your future past self.

Our self empathies travel many different directions into the past the present and the future all the time all day long.

However, this is only half the story. Other people can have empathetic reactions to their past present or future, and we would need to recognize this. Take the above scenario exactly as it is, and pretend that you are observing someone that is going through those exact same thoughts. You would need to see if you could understand where their empathies are coming from by watching their body language, remembering your past with them, asking them questions.

## 6. Empathy Levels and Combinations

This is to show that not only can we empathize with others, we can empathize with ourselves, while also empathizing with others as they themselves empathize with themselves.

Looking at the self empathy map in Figure 6.1 we can see just how many different directions empathy can take. We have our initial present thought or emotion or feeling. That leads out to either empathizing with ourself or another person. The other person is represented inside of us, and it will always be a representation inside of us, because we can never know what the other person is really thinking or feeling or sensing. We can only get a more and more accurate graph of the other person over time.

As a point of interest, this map took me three weeks to come up with. Early drafts were done on paper bit by bit. This chart looks so obvious to me now, however it wasn't obvious when I was trying to come up with it. Early drafts were circles with lines going back and forth all over the place. A very frustrating three weeks as I felt I was getting closer to what I was observing, however I never had a clue how close or how far it was. Then one day this way of representing empathy finally clicked together. If this exists somewhere else I'd like to see it. Also if it doesn't exist then I know why: it's because it took a lot of work and brain twisting and observation and almost giving up to come up with something that now just looks so obvious to me. When I came up with this, and some of my other ideas and writings, I had the distinct thought of, "I know something that nobody else knows." I remember standing there looking at my computer and thinking that no one else knows this. If this exists I'd like to see and try and learn from the person that made it before me, to help me make mine better or help them make theirs better.

### 6.6. List of Empathies

When interacting with another person these are the different levels of the empathies of us or the other person.

- high medium low past self thought empathy
- high medium low past self emotion empathy
- high medium low past self sensation empathy
- high medium low past other thought empathy
- high medium low past other emotion empathy
- high medium low past other sensation empathy

## 6. *Empathy Levels and Combinations*

- high medium low present self thought empathy
- high medium low present self emotion empathy
- high medium low present self sensation empathy
- high medium low present other thought empathy
- high medium low present other emotion empathy
- high medium low present other sensation empathy
- high medium low future self thought empathy
- high medium low future self emotion empathy
- high medium low future self sensation empathy
- high medium low future other thought empathy
- high medium low future other emotion empathy
- high medium low future other sensation empathy
- high medium low past other group thought empathy
- high medium low past other group emotion empathy
- high medium low past other group sensation empathy
- high medium low present other group thought empathy
- high medium low present other group emotion empathy
- high medium low present other group sensation empathy
- high medium low future other group thought empathy
- high medium low future other group emotion empathy
- high medium low future other group sensation empathy
- high medium low past other animal thought empathy
- high medium low past other animal emotion empathy
- high medium low past other animal sensation empathy
- high medium low present other animal thought empathy

## 6. *Empathy Levels and Combinations*

- high medium low present other animal emotion empathy
- high medium low present other animal sensation empathy
- high medium low future other animal thought empathy
- high medium low future other animal emotion empathy
- high medium low future other animal sensation empathy
- high medium low past other animal group thought empathy
- high medium low past other animal group emotion empathy
- high medium low past other animal group sensation empathy
- high medium low present other animal group thought empathy
- high medium low present other animal group emotion empathy
- high medium low present other animal group sensation empathy
- high medium low future other animal group thought empathy
- high medium low future other animal group emotion empathy
- high medium low future other animal group sensation empathy
- high medium low past other object thought empathy
- high medium low past other object emotion empathy
- high medium low past other object sensation empathy
- high medium low present other object thought empathy
- high medium low present other object emotion empathy
- high medium low present other object sensation empathy
- high medium low future other object thought empathy
- high medium low future other object emotion empathy
- high medium low future other object sensation empathy
- high medium low past other group object thought empathy
- high medium low past other group object emotion empathy

## 6. *Empathy Levels and Combinations*

- high medium low past other group object sensation empathy
- high medium low present other group object thought empathy
- high medium low present other group object emotion empathy
- high medium low present other group object sensation empathy
- high medium low future other group object thought empathy
- high medium low future other group object emotion empathy
- high medium low future other group object sensation empath

## **Part IV.**

# **Applying the Empathy Model**

## 7. Guessing

When we guess what another is thinking or feeling or sensing we are telling the other person that we want to connect empathetically with them.

We guess because we can never know. The exact thoughts or feelings or sensations of another are forever out of our grasp. We will never know exactly what another person is thinking or feeling or sensing.

Guessing another's TES state is the beginning of finding out what another's TES state is. This is how we can start becoming close to what their actual TES state is.

Guessing starts with the realization that when we look at someone new most of what we see is a projection. These projections that we cast onto another are coming from our own TES state, either past present or future, or from the TES state of another person that was either in our past or present or even our future.

When we see someone new there is a little part that is not projection. This small part is the observations that we make of the other person. Observations include reading the facial expressions of the other, it includes reading body language and voice tone. There is the context that we are in. All of the things that we can read of the other person using all of our senses. We can also read our inner reactions to the other person and use that information to inform us of the others TES state.

Reading the parts of another takes mature empathy. Impeded empathy will have a difficult time reading the parts of the other, or even of themselves. Impeded empathy may not even try and guess at what the others TES state and may never guess what their own TES state is.

After coming up with an initial guess we can ask the other person what our guess is about them. This is the start of building the bridge to the other. The other person can decide to answer or can decide to answer falsely or decide not to answer at all.

When the other person answers as to whether our guess was close or not, the other person can then give us a better answer to what we were guessing about what their TES state is at the time.

We must assume that our answer will be off to a certain extent, or even off to a large extent. Many people stop the interaction because they guesses wrong.

## *7. Guessing*

Being wrong about another person's TES state is OK. We have imperfect ways of knowing another's TES state, we have to deal with projection, and we don't really know the person.

We must become comfortable getting close but never knowing exactly what another's TES state is. Social interaction is us striving to get closer and closer to what another's and ours TES state really is.

## 8. Filling Out the Empathy Model

When we meet someone new we start out with a blank empathy model. Through interaction we begin to fill out the empathy model with more factual data. For the self we fill out:

- Thoughts and Feelings and Sensations during past points in time.
- Thoughts and Feelings and Sensations during the present moment.
- Thoughts and Feelings and Sensations projected out into the future.

The other can include an individual or a group of either people or animals or objects. This is the same information that we fill out for ourselves and they include:

- Thoughts and Feelings and Sensations during past points in time.
- Thoughts and Feelings and Sensations during the present moment.
- Thoughts and Feelings and Sensations projected out into the future.

For example while talking with someone they may tell us they won a competition at their school some time ago. We can during the course of the conversation start to guess at what they may have been thinking or feeling or sensing during the time that they were winning this past competition.

For ourselves we may have had an event in the past that we can remember. We can remember a time that we first met our significant other. During the time of our first meeting we can remember what we thought or felt or sense. There is a way to guess still. Humans need the mirroring effect that comes from another person empathizing with us. We can tell a friend what our guesses were as to what we were feeling or thinking or sensing at the time. The friend can mirror back to us what they thought our TES state was at the time. Getting this mirroring information is important as it can lead us to better understand what our TES states were at the time of an incident.

## 9. Mature empathy and the symptoms of all personality disorders cannot coexist

This is the complete list of characteristics of all ten personality disorders in the DSM-V, randomized and unlabeled.

When someone has impeded empathy, they still have to get along in this world. They must interact with other people day to day. In order to do that they will chose items from this list. I submit that this is a list of symptoms of someone that has impeded empathy. A person with impeded empathy will start to choose from this list so that they can manage socially somehow in this world.

Here is the list with reasons why someone with mature empathy can not do these things.

**Has recurrent suspicions, without justification, regarding fidelity of spouse or sexual partner.** Without a proper other-empathy, you will never know if your suspicions are justified or not. You will never know the intentions of others. This includes the intentions of your spouse or SO, and the intentions of the people that have access to your spouse/SO. You will be blind and confused.

**Shows arrogant, haughty behaviors or attitudes.** Not seeing oneself and others as human because of impeded self- and other-empathy.

**Shows self-dramatization, theatricality, and exaggerated expression of emotion.** When someone has impeded other-empathy they may not understand the deeper feelings of others. They may never have noticed them, or they may never have been taught to look for them. Due to lack of connection expressions of emotions can become bigger than what they really are. This can elicit some type of strong yet shallow response from others. This may be the only type of responses that this person can notice. They cannot notice the smaller and more subtle and still important emotions coming from others.

9. *Mature empathy and the symptoms of all personality disorders cannot coexist*

**Failure to conform to social norms with respect to lawful behaviors, as indicated by repeatedly performing acts that are grounds for arrest.** Impeded empathy that sees others as objects. When the unlawful behavior is done there are most likely people around, or at least a community at large around.

**Has a style of speech that is excessively impressionistic and lacking in detail.** It's hard to carry on a conversation with impeded empathy. You won't know how the other person is taking what you are saying. You can't have a back and forth with someone without real empathy. Most socializing is building the empathy muscle. When there is a complete lack of socializing then there is a complete lack of tone in the empathy muscle. This starts a downward spiral of no one wants to talk with me so I don't talk. By not interacting the empathy muscle stays atrophied.

**Persistently bears grudges (i.e., is unforgiving of insults, injuries, or slights).**

Without connection our empathy apparatus in our bodies will start to do some weird things. It will want to analyze the world around it, but when undirected it may just use the person's imagination to play with. It may take imagination as real and try and empathize with that. This may lead to making something small into something big.

**Excessive social anxiety that does not diminish with familiarity and tends to be associated with paranoid fears rather than negative judgments about self.** This person knows that although there is a familiarity with another, there is not an empathetic connection with the other. With impeded empathy they won't connect with another and will get confused as to what others are doing and why they are doing it. A person can know another person for a long time and not have a connection with them. With impeded empathy everyone in the world is a stranger, because you have no way of knowing them as an individual human being with their own TES states.

**Goes to excessive lengths to obtain nurturance and support from others, to the point of volunteering to do things that are unpleasant.** We need to know who these others are. If they are close friends and family that there is a close empathetic connection with them, then this will be odd. Instead of volunteering to do something unpleasant, by themselves, they will get empathetic help from their close friends and family. Or the close friends and family will stop them from doing the unpleasant thing. When they don't have a friend, they may try, erroneously, to do something unpleasant for someone to try and

9. *Mature empathy and the symptoms of all personality disorders cannot coexist*

make a connection because their empathy is not impeded. Self-empathy will let the person know that the task is unpleasant.

**Lacks empathy: is unwilling to recognize or identify with the feelings and needs of others.** When someone is not taught the importance and value of empathy, they won't use it. Someone like this has a weak empathy muscle that needs rehabilitation.

**A pervasive pattern of instability of interpersonal relationships, self-image, and affects, and marked impulsivity, beginning by early adulthood and present in a variety of contexts** 'interpersonal relationships' is so sterile and unappealing. Interpersonal relationships vary from very close to very distant. When they are close, like a friend, we don't call them interpersonal relationships, we call them friendships. Interpersonal relationships seems like a relationship that is not close at all, and we would expect those types of not-close relationships to be unstable because they involve people that are not empathetically close with each other. Unstable self-image: when interacting with someone empathetically, we can see through their eyes how they see us. Almost like a mirror is held up to us. We can empathetically know what another is thinking and feeling and sensing about us. When we have a clear 'mirror' coming from another we can have a stable self-image. When there is no psychological mirror held up to us on a regular basis, we have trouble. We are social creatures, and we need this mirroring effect from others. Marked impulsivity: if there is impeded empathy, then everyone is a stranger. We don't really care what strangers think of us because their thoughts have little effect on us because we aren't close to them.

**Is unrealistically preoccupied with fears of being left to take care of himself or herself.** You can't have this fear when empathetically connected to friends family and SO's. An empathetic bond is strong and can overcome some temporary time and distance. This person may actually be realistically preoccupied, because they are left alone to take care of themselves, because their impeded empathy is keeping them alone. Like hunger, we become preoccupied with friendships when we don't have them. This may actually be a very healthy response to absence of connections.

**Impulsivity in at least two areas that are potentially self-damaging (e.g., spending, sex, substance abuse, reckless driving, binge eating). (Note: Do not include suicidal or self-mutilating behavior covered in Criterion**

9. *Mature empathy and the symptoms of all personality disorders cannot coexist*

5.) "Cocaine is a helluva drug." - Rick James. This author isn't going to try and solve addictions in this paper. Most likely when off the drugs, if there is no empathetic connection with another human being, or group of human beings, or to self, there will be little reason to not go back to the drug.

**A pervasive pattern of grandiosity (in fantasy or behavior), need for admiration, and lack of empathy, beginning by early adulthood and present in a variety of contexts.** This person is lying to themselves and others. Without other-empathy we can't see how others see us. If we don't see how others see us, our thoughts of who we are can get fantastical. "If one person tells you you're a horse, they are crazy. If three people tell you you're a horse, there's conspiracy afoot. If ten people tell you you're a horse, it's time to buy a saddle" — Jack Rosenblum. When getting empathetically close to another start to see how they see us. However, how that one person sees us may not be very correct or useful. With ten people that we are empathetically close to, we can get a better view of how others actually see us. If we are in a situation where we never see how others see us, our fantasy about ourselves is able to take over.

There is no lack of empathy unless it's an organic problem. There is impeded empathy coming from our beliefs.

**Affective instability due to a marked reactivity of mood (e.g., intense episodic dysphoria, irritability, or anxiety usually lasting a few hours and only rarely more than a few days).** We would need to know what the person is reacting to. What is the thing that is causing the reactivity. Affective instability will keep others away, and will make it difficult to be around people in order to practice empathy and strengthen the empathy muscle. This person's feelings may just be reacting to the imagination of the person. We are affected by the moods and feelings of others when we are empathetically connecting with them, either ours or others. This is something that we humans desire to have happen to us, and is how we learn more about our own empathetic skills. When someone is caustic we learn to stay away from them, etc. Our empathy circuits may just go haywire when they don't have anyone to empathetically react to. A person may just be reacting to themselves. Their other-empathy may just be turned inward and not outward.

**Is preoccupied with fantasies of unlimited success, power, brilliance, beauty, or ideal love.** When in a fantasy world we would go to extremes, because there is no wall of reality to stop us. When we have empathy, we see how others see us, and we might not like it, but there is a wall there, a limit. Get enough

9. *Mature empathy and the symptoms of all personality disorders cannot coexist*

data from people as to how they see us, and we get a good picture of reality. It doesn't mean we can't grow many different directions, however, we can't grow when we have a distorted view of reality. Our close friends, sometimes without using words, can tell us if we are being an hard to deal with. We would need empathy to get this information from others and from ourselves.

**Shows restraint within intimate relationships because of the fear of being shamed or ridiculed.** There are no intimate relationships without empathy. Sexual relationships are not of themselves intimate. The worlds oldest profession bares witness to that. The fear of being shamed or ridiculed sounds like fantasy, something that hasn't even happened yet. This fantasy will come from the fact that the relationship is NOT intimate. When getting toward intimate behavior there may be a blind spot where empathy is turned off in that particular situation. We can't see if someone is shaming us or not if we don't have empathy turned on at that moment. We turn off and on empathy randomly at our own peril.

**Frantic efforts to avoid real or imagined abandonment. (Note: Do not include suicidal or self-mutilating behavior covered in Criterion 5.)** An empathetic connection will be strong. This person may be frantically searching for how to connect to other people. This person knows deep down that they need relationships and friendships and is trying hard to get them, but doesn't know how to get it, but is not giving up. If someone is abandoning the relationship, that is up to them to do, and if you have other friends, you can wish that person luck and no ill-will. If there is no empathetic connection, there can really be no abandonment, because there was no friendship/connection there in the first place.

**A pervasive pattern of social and interpersonal deficits marked by acute discomfort with, and reduced capacity for, close relationships as well as by cognitive or perceptual distortions and eccentricities of behavior, beginning by early adulthood and present in a variety of contexts.** When you have impeded empathy you will have discomfort when talking with someone. When you see others communicating with those around them, you will notice that you aren't doing the same. You may not understand that others are communicating socially empathetically with those around them, you are socially blind. Therefore you don't know what others are doing right, and you won't know what you are doing wrong. "Reduced capacity" could be interpreted as "impeded empathy". There is some capacity, but your relationships

## *9. Mature empathy and the symptoms of all personality disorders cannot coexist*

will only be as good as the maturity of your empathy, including the amount that the empathy is unimpeded.

**Adopts a miserly spending style toward both self and others; money is viewed as something to be hoarded for future catastrophes.** Without empathy we won't know what to spend our money and resources on. Who to spend our time and money on. Without self-empathy we won't know which car suits us because we can't access our TES when we are in that car. We won't know where to vacation because we don't know what locations are calling to us emotionally. Money can be great to keep the socializing going. Money can furnish a nice cozy backyard to hang out. Without people to hang out with closely and empathetically we won't spend the money. Without empathy we can't know who to trust, so we don't know who to spend money on. "Future catastrophes" could be misplaced Future-self-empathy. Meaning, in the future there could be a catastrophe, but that is misplaced fear, because in the here-and-now there is a clear and present catastrophe. The here-and-now catastrophe is that you have no friends, and no close relationships. That present, and real, catastrophe, is projected out into the future.

**Is reluctant to delegate tasks or to work with others unless they submit to exactly his or her way of doing things.** Without a mature empathy, we don't know who to trust. We first meet people, and they are strangers, and we don't trust them at first. However, trust can be built over time. Also, as time goes on trust can be maintained or strengthened, or, it can be broken. All of these require empathy to even notice. It requires empathy to know that someone is a stranger, that there is no connection to that person. It requires empathy to know the intentions of another to know to trust them or not. It takes empathy to know trust is broken. A person without empathy would have to resort to being controlling at all times as a matter course in interacting with others, as they don't interact empathetically.

**Neither desires nor enjoys close relationships, including being part of a family.** When someone isn't taught about empathy, and the importance of empathy, from a very young age, they will build their entire socializing structure around other actions. Also, "enjoys close relationships" is really just assuming that this person can build close relationships in the first place. Before knowing that someone is turning down close relationships, we would need to know if they can build close relationships. In order to do that we need to do an empathy check on them by fully analyzing how they empathize with themselves

9. *Mature empathy and the symptoms of all personality disorders cannot coexist*

and with others. Also, even family relationships require empathy to make them strong, otherwise they are just relationships of randomness, or convenience.

**A pervasive pattern of social inhibition, feelings of inadequacy, and hypersensitivity to negative evaluation, beginning by early adulthood and present in a variety of contexts .**

"Hypersensitivity to negative evaluation" could be the sign of someone with majorly impeded empathy. There is a deep wound that many don't have a clear answer to. The wound looks like, "I have impeded empathy and can't connect to other people". To someone with impeded empathy this is the number one most perplexing problem in their life. Offering a negative evaluation, without addressing the wound, would just make the wound more painful. Most people giving a negative evaluation wouldn't have the first clue that this is what they are doing, and what the solution would be – they may be giving a negative evaluation as part of a job requirement. Impeded empathy will affect how everything is perceived because it will be very painful. Without empathy a person wouldn't know they were being negatively evaluated. With mature empathy the person would know the context that the evaluation is coming from, and the whole situation of everyone involved ie the boss is just doing their job.

**Lacks close friends or confidants other than first-degree relatives.** This is just a description of impeded empathy. There is no solution here. "Lacks close friends" because you can't make a friend with impeded empathy. "Or confidants", you literally can't have a confidant without empathy, because a confidant will need to see how you see things, and that takes self-empathy to let someone know what you are Thinking or Feeling or Sensing.

**Deceitfulness, as indicated by repeated lying, use of aliases, or conning others for personal profit or pleasure.**

Without empathy you will need to get along in this world somehow. So lying and stealing may be one way of surviving. Also, deceiving others causes them pain, and without other-empathy you won't notice that pain. Without empathy you won't notice the deceit, you won't notice your actions coming from the other persons point of view. During deceit or lying empathy may be turned off in order to get through causing another pain. This turning off of empathy would need to be noticed, as the person might show signs of having some empathy in other parts of their life. The turning on and off of empathy must be noticed.

9. *Mature empathy and the symptoms of all personality disorders cannot coexist*

**Is overconscientious, scrupulous, and inflexible about matters of morality, ethics, or values (not accounted for by cultural or religious identification).** Those with impeded empathy may make rules for their lives in order to guide their lives. Those with mature empathy take into account keeping and maintaining the empathetic relationship with the friends in their lives, along with rules to live by. Take away the empathetic connections, and all you have left are the rules.

**Reads hidden demeaning or threatening meanings into benign remarks or events.** Without empathy you cannot know the intentions of others. You will be blind to what others are wanting or needing from you, or from the others around them. It's scary, because without mature empathy this 'symptom' can be applied further. With impeded empathy you may read loving and caring meanings into benign remarks or events. This is just as dangerous. You can't know if a remark from an other is demeaning or threatening or loving or caring or benign without knowing yours and the other TES state. You are blind without empathy, like a plane flying in the dead of night, over the ocean, with a broken radar system.

**Lack of remorse, as indicated by being indifferent to or rationalizing having hurt, mistreated, or stolen from another.** It may not be wholly "rationalizing". The natural state is to empathize, and it takes strong beliefs hammered into a person to get them to impede their empathy, to go against such a natural state. Someone who is trying to get another to empathetically see how they treated another is going against very, very strong beliefs. The beliefs must be very strong to make someone disown such a powerful and fundamental thing like empathy. "Lack of remorse" might be better phrased as "Lack of empathy", and the sentence still makes sense, maybe even more sense. "Rationalizing" is almost a wholly cognitive exercise, which means Feelings and Sensations are disregarded, as well as the Thoughts and Feelings and Sensations of the other being disregarded. When parts of empathy are disregarded then the whole empathy structure is impeded.

**A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation.** Someone that does this looks really really bad, and they are very destructive to the relationships around them. Without empathy we can't know the intentions of another, or where they are coming from. However, this symptom may actually be a good sign. This could be describing someone that at least knows that others

## 9. *Mature empathy and the symptoms of all personality disorders cannot coexist*

can be good. That there is good and bad out there. With a maturing empathy, someone doing this would realize that there is 'good' and 'bad' in everyone, including themselves. Mature empathy will show the truth that most people know, that most people contain mostly good, but there are varying levels, and it takes empathy to know what those levels are in a particular person at any particular time.

**Odd beliefs or magical thinking that influences behavior and is inconsistent with subcultural norms (e.g., superstitiousness, belief in clairvoyance, telepathy, or “sixth sense”: in children and adolescents, bizarre fantasies or preoccupations).** Our empathy circuitry is a large part of our minds, making the connections to others possible. When this part of our mind is impeded, or disregarded, it is still there. Our empathy circuitry may start working on the random things it sees in the environment. Without close empathetic relationships we can't have our magical thinking or odd beliefs challenged. We may not see how others see things, we can't get another perspective, so we may just go with the first explanation that seems plausible to us. Education can help, but it will be limited in its scope. Empathetic close relationships will be more pervasive in their influence.

**Has a grandiose sense of self-importance (e.g., exaggerates achievements and talents, expects to be recognized as superior without commensurate achievements).** Without empathy, we won't have the mirroring effect that seeing how others see us will give us. We need others to show us how we look. We especially need the mirroring effect of those closest to us. With majorly impeded empathy there won't be anybody close to you to do this for you.

**Believes that he or she is “special” and unique and can only be understood by, or should associate with, other special or high-status people (or institutions).** People with impeded empathy may not understand that there are many others just like them with impeded empathy, too. With impeded empathy, it doesn't matter how many high-status people you are around, you will still be fundamentally a lonely person. With mature empathy you mainly see the world as divided between those with impeded empathy, and those with mature empathy.

**Unusual perceptual experiences, including bodily illusions.** Repressing empathy takes a lot of mental energy, taking that energy from other uses. Part of empathy is Sensations (five senses, etc.).

9. *Mature empathy and the symptoms of all personality disorders cannot coexist*

**Is reluctant to confide in others because of unwarranted fear that the information will be used maliciously against him or her.** With impeded empathy we cannot know the intentions of others. "Unwarranted" is a weasel word in this description. Someone with impeded empathy will not know if it's warranted or unwarranted. The person with impeded empathy has a lot of confusion over the intentions of another person. "Unwarranted" almost makes it look like someone with impeded empathy should just know what another person is up to. Impeded self-empathy will make it difficult to confide as you wouldn't have easy access to your own thoughts and feelings and sensations so that you could confide in an other. With mature empathy, the person will then know, and can point to the reasons, whether to trust an other or not, and also as importantly, whether to take that trust away or keep it there.

**Interaction with others is often characterized by inappropriate sexually seductive or provocative behavior.** With impeded empathy sexuality will be all over the place. You won't know what you want, you won't know what another person wants, because you won't know what you are Thinking or Feeling or Sensing, and you won't have a clue what the other person is Thinking or Feeling or Sensing. With impeded empathy you need to get along in this world, and sexuality is a powerful thing, so it makes sense you would use it, or try to use it, as a tool to survive and interact. Mature empathy uses sex in the goal of strengthening the empathy muscle.

**Perceives attacks on his or her character or reputation that are not apparent to others and is quick to react angrily or to counterattack.** When empathy is impeded we won't know how to be part of a group of people, aka a tribe of people. If we don't notice empathetically that the attack we are seeing is just our perception out of whack, then we certainly won't notice that others around us are not noticing any perceived attack. Mature empathy allows us to look to others to gather information about how a particular person is treating us.

**Is excessively devoted to work and productivity to the exclusion of leisure activities and friendships (not accounted for by obvious economic necessity).** This person has bad friendships if he can't see, from his friends, that he is working too much. Close, empathetic, connections would normally reign this behavior in. We would need to see if this person can even make a friendship, and to do that we would need to do an empathy check. Analyze the impediment of his self- and other-empathy. This symptom assumes this person can

9. *Mature empathy and the symptoms of all personality disorders cannot coexist*

make a friend, and has people to enjoy leisure activities with.

**Inappropriate or constricted affect.** Feeling feelings, and sharing feelings is important in socializing. With impeded empathy, and the lack of socializing, emotions are impeded. Emotions are a part of how we empathetically relate. Constricted empathy will lead to constricted affect.

**Is unusually reluctant to take personal risks or to engage in any new activities because they may prove embarrassing.** It's embarrassing not to be able to connect empathetically. It's embarrassing to not know what is wrong, to not know that impeded empathy is causing a problem. After taking the risk, impeded empathy will not allow you to know if the risk was even worth it or not. We will have difficulty learning from the risks that we take when we can't go over ours and another's TES states.

**Chronic feelings of emptiness.** Loneliness. The inner lives of others are vast and ever changing. Without mutual empathy we can't access that.

**Shows emotional coldness, detachment, or flattened affectivity.** Impeded empathy impedes affect and impedes warmth. When someone talks to you and acknowledges your TES, you feel a warmth.

**Consistent irresponsibility, as indicated by repeated failure to sustain consistent work behavior or honor financial obligations.** Self-preservation is important, as well as the preservation of the tribe/group. Without self-empathy we can't notice what we are doing to ourselves. Without other-empathy we won't notice what we are doing to others. The failure that everyone sees won't look like a failure. Not everyone needs to be a friend or ally, we are looking at the preponderance of the evidence here. Mature empathy will notice others seeing a failure and will want to know, through empathy, what exactly other people see.

**A pervasive pattern of disregard for and violation of the rights of others, occurring since age 15 years** We live in a society. That society has norms, that can be complex to define and describe. With impeded empathy we won't notice these tribal norms. With impeded empathy we aren't trying to disagree with tribal norms, we literally don't notice them. Mature empathy notices these norms, even if they agree or disagree with them.

9. *Mature empathy and the symptoms of all personality disorders cannot coexist*

**Recurrent suicidal behavior, gestures, or threats, or self-mutilating behavior.** Our empathetic circuitry is always trying to find the connection with another. With impeded empathy we still can desire to connect, so our circuitry will try different things to see if they work. Self- and other-empathy can be so buried under such strong beliefs that we can become sort of lost, looking for a way to connect. Mature empathy constantly looks to strengthen the empathy muscle, and to elevate and find others with strong, mature, empathy to learn from and become influenced by. Mature empathy knows that empathy is not optional, that it is vitally important.

**Reckless disregard for safety of self or others.** Low empathy can have someone see themselves and others as objects. Those with low empathy don't think that they are reckless or disregarding anything, because you can't be reckless with or disregard an object. Mature empathy sees the safety of self, and others, and the group they happen to be in, as important to maintaining an empathetic connection.

**Requires excessive admiration.** Low empathy doesn't think it's excessive. They confuse admiration for connection. The attention that comes from admiration is confused as connection. They don't see the empathetic connection that others have with each other, they only see the admiration, and they think that is what the connection is. Impeded empathy can also blind to what empathy is in general. Totally blind and totally miss empathy altogether, even when there are examples of empathy happening right in front of them. Mature empathy knows that admiration from others is needed and important, but doesn't ever confuse admiration with an empathetic connection.

**Suspiciousness or paranoid ideation.** Empathy allows us to understand the intentions of others, and to understand how that intention changes over time. Without empathy we may still assign an intention to someone, however it will be essentially random. We need to judge others and we use empathy to do that. With impeded empathy we will judge others either harshly or too lightly. Mature empathy allows us to come to more reality based conclusions of what another has for their intentions. Mature empathy allows us to point to general, or specific, behaviors that another is emitting that we can show as evidence to others as to why we came to the conclusion that we did. With impeded empathy we won't know why we feel about another the way that we do.

9. *Mature empathy and the symptoms of all personality disorders cannot coexist*

**Displays rapidly shifting and shallow expression of emotions.** This can be parts of empathy working properly, as in letting people know a little about how we are feeling. However, impeded empathy will never know if the other person is wanting to connect and engage with that emotion coming from you. Socializing strengthens our empathy muscle. Rapidly shifting emotions would be like going to the gym and touching all the weights and machines, but never sitting down and actually using the machine to strengthen your muscle. Mature empathy knows when an emotion has struck a chord with the person or group, and knows that is the cue to explore that emotion a little more and a little deeper, to strengthen the empathy muscle.

**Avoids occupational activities that involve significant interpersonal contact because of fears of criticism, disapproval, or rejection.** Interacting with others while having an atrophied empathy muscle is painful. Not having friends is embarrassing, and not knowing why is even more embarrassing. Impeded empathy will leave someone open to criticism, disapproval or rejection. Not knowing how to connect just adds fuel to the fire that creates a living hell. Mature empathy knows to try and connect empathetically, and if the other person or group of people doesn't want to do that, then mature empathy will find a group of people that do. Impeded empathy will know that they will get this criticism and disapproval and rejection wherever they go. Mature empathy knows that there are others they can find with mature empathy also.

**Takes pleasure in few, if any, activities.** With impeded empathy there is no friendship, so there is a huge part of life that is missing. Impeded empathy may know that activities are just covering something up, but what is being covered up they don't know. The beliefs that make empathy impeded have to be very strong, and can be resistant to the individual uncovering those beliefs on their own or by themselves.

**A pervasive distrust and suspiciousness of others such that their motives are interpreted as malevolent, beginning by early adulthood and present in a variety of contexts** Impeded empathy makes it impossible to know the intentions of others. One way someone with impeded empathy may cope is to make a rule, or belief, that others always have malevolent motives. Kind of a "set-it-and-forget-it" setting. Mature empathy knows that motives can and will change over time, in themselves and in others, and to always monitor for those changes.

9. *Mature empathy and the symptoms of all personality disorders cannot coexist*

**Has difficulty initiating projects or doing things on his or her own (because of a lack of self-confidence in judgment or abilities rather than a lack of motivation or energy).** We don't know our judgment or abilities without having an other help us understand just how good our judgement or abilities are. With impeded empathy, we may increase our abilities, but might not know if we actually increased them, because there is no one there to show us or tell us how our abilities have increased. Impeded empathy can come to their own conclusions, but will only be getting half the story without the input of others, the input that other-empathy can give. Mature empathy knows that doing things on their own is really only a temporary state, because what we do, even in private, affects ourselves and our society at large. So it makes sense to see how we are affecting others, and to gather data from others to get a better idea of how we are doing. Impeded empathy may suppress their loneliness and, erroneously, use the size of their bank account as a gauge of their abilities and judgement. Mature empathy knows that keeping the empathy muscle strong is an ongoing project.

**Inappropriate, intense anger or difficulty controlling anger (e.g., frequent displays of temper, constant anger, recurrent physical fights).** Impeded empathy suppresses empathy, and part of empathy is emotions. When emotions are suppressed sometimes only a very strong, or rarely felt, emotion can make it through. Anger may be hard to suppress completely. Impeded empathy may make someone feel like they are being attacked because there is an inability to understand the motivations of others. Also, the insertion of force and power required to suppress empathy could cause trauma that can make someone angry. Anger may be a way of fighting back against this personal suppression, a way of reclaiming empathy. However, unless the beliefs that caused impeded empathy are identified as a root cause, the anger cannot be directed to what it's really trying to do. Mature empathy knows that anger is just as important as any other emotion needed to connect to another, and isn't ashamed of anger in any way.

**Is preoccupied with being criticized or rejected in social situations.** Mature empathy occupies itself with building the empathy muscle. Mature empathy will take any chance they get to tone and build the empathy muscle. They will seek out those with toned and mature empathy muscles and will learn from them whatever they can. Impeded empathy is not occupied with this. Impeded empathy sees empathy as being optional, so will not spend much time being occupied with building empathy while in a social situation. Impeded

9. *Mature empathy and the symptoms of all personality disorders cannot coexist*

empathy won't take the time to try and build up their empathy muscle.

**Shows rigidity and stubbornness.** When there is no close connections, the world just becomes rules based. With impeded empathy there is a confusion of what people want, what their intentions are, what they are thinking or feeling or sensing, etc. Rules will seem to keep a person safe. Mature empathy are more interested in building their empathy muscle.

**Has little, if any, interest in having sexual experiences with another person.** If someone is on the autism spectrum and has an organic disorder in the brain, then this wouldn't be just impeded empathy, and this would be out of the scope of this text. Otherwise, millions of years of evolution make use sexual beings. We come from sex, etc. Impeded empathy impedes Sensing, our connection to our five senses among other senses. It can also impede our connection to what other people are sensing. Sexual touch or experience can be non-interesting when this part of empathy is suppressed so deeply. Mature empathy knows whether the touch of an other feels good to them or not, and whether their touch to an other feels good to that other or not.

**Has difficulty making everyday decisions without an excessive amount of advice and reassurance from others.** When others communicate there is much information being transmitted back and forth. When this transmission of information is only partly received, there can be a chance for misunderstanding. Impeded empathy blocks a lot of the information that is being transmitted, like a telephone line with a bad connection. What information is getting through will have to be repeated. Any subtle communications are not noticed, only large and direct communications.

**Is inhibited in new interpersonal situations because of feelings of inadequacy.** Empathy is what we bring to the table when we socialize. This person may actually be self-aware enough to know that they are bringing impeded empathy to socializing. We are inhibited around strangers, and if we can't turn a stranger to a friend, we will continue to be inhibited. This 'symptom' may actually just be a very normal and sane reaction to impeded empathy.

**Is unable to discard worn-out or worthless objects even when they have no sentimental value.** Impeded empathy also sees others as objects and not as people.

9. *Mature empathy and the symptoms of all personality disorders cannot coexist*

**Suspects, without sufficient basis, that others are exploiting, harming, or deceiving him or her.** Without empathy we won't know who is harming us. Impeded empathy won't be able to point out what it is that the other did that made them seem exploitative. They may think the inverse, they may think without sufficient basis that another is being kind and loving toward them, yet could not point out why they think that. Mature empathy will have a very good idea if someone is exploiting them or harming them or deceiving them, or is loving to them, and will be able to point to what made them think this was the case. The people around the person with mature empathy can be shown what it was that the other may have been thinking or emoting or sensing that made it seem that they were exploitative.

**Is interpersonally exploitative (i.e., takes advantage of others to achieve his or her own ends).** Lack of empathy can make you do whatever you want to another person because you won't notice any of the effect that you are having on them.

**Odd thinking and speech (e.g., vague, circumstantial, metaphorical, over-laborate, or stereotyped).** When someone is unsocialized they can start to live in their own world. Mature empathy would share some odd thinking and see what others around them think about what they were thinking. They will get this reflection back to them and can adjust over time. With impeded empathy there is no adjustment.

**Lack of close friends or confidants other than first-degree relatives.** Same symptom repeated twice. You can't have a confidant without empathy, because you need to let a confidant know what you are thinking and feeling and sensing. If you don't know those things then you can't have a confidant.

**A pervasive pattern of excessive emotionality and attention seeking, beginning by early adult hood and present in a variety of contexts** We all need attention. Mutually empathetic attention is best. When we don't have empathy we still need attention. With impeded empathy we will try and get attention in other ways. "Excessive emotionality" sounds like someone that can't regulate emotions because there is no empathetic connection to an other to learn about emotions.

**Appears indifferent to the praise or criticism of others.** Without other-empathy we might not even notice the praise or criticism of others. Impeded

## 9. *Mature empathy and the symptoms of all personality disorders cannot coexist*

empathy will socially blind us to what others are communicating to us. Someone with this symptom would also be indifferent to love and caring and nurturing of an other.

**Is uncomfortable in situations in which he or she is not the center of attention.** To some this could be an annoying symptom to have to deal with another person. However, in the lens of empathy, it would be a great symptom. The craving of attention is not too far off from the craving of connection. Mature empathy wants attention/connection and will just do it through empathetic means.

**Considers relationships to be more intimate than they actually are.** When looked at through the lens of empathy this person will realize that the relationship is not intimate. Someone with impeded empathy may not be keeping persons at arms length. Someone with impeded empathy may not even have the skill to stop keeping a certain person at arms length, because they can't make a connection. To someone with impeded empathy, and having been that way their whole life, and only been around people with impeded empathy, to them the relationship might seem as intimate as it can be. They may not even realize that there is a wider world of intimate connections. They would need someone with mature empathy to introduce them and walk them through this wider world.

**Feels uncomfortable or helpless when alone because of exaggerated fears of being unable to care for himself or herself.** Impeded empathy will make us lonely. Loneliness is impossible to overcome when there is no knowledge of what is causing it in the first place. This can make one feel like they can't care for themselves at a very fundamental and real level. With no self-empathy we won't know what is working and what isn't, we can't adjust our self-care routine. We can't care for our loneliness without the empathetic connections of others. When a fundamental part of us isn't working, and we have no idea how to fix it, the fear can look exaggerated.

**Irritability and aggressiveness, as indicated by repeated physical fights or assaults.** Impeded empathy will cause drama, because of the inability to understand the intentions of others. Also, the inability to know where to draw a personal or psychic boundary, and to let those boundaries be known early on. Also we wouldn't normally assault or fight our empathetically connected friends. "Aggressiveness" also almost sounds blind, as in socially blind. Also,

## *9. Mature empathy and the symptoms of all personality disorders cannot coexist*

when empathy is only an optional thing to try, fighting may look like a better option to communicate to an other. Mature empathy can physically defend themselves, however will just leave if no empathetic connection can be made with an other.

**Shows perfectionism that interferes with task completion (e.g., is unable to complete a project because his or her own overly strict standards are not met).** We need to know who this task is being completed for. Tasks aren't completed in a vacuum. If it's for the self, then with impeded self-empathy, there will be no internal empathetic indication of when the task is done. There will be no continuous pulling from the self's own Thoughts and Feelings and Sensations to know that the task feels done. If it's for an other, then with impeded other-empathy there will be no guidance coming from the internals of the other to know when they would think that the task is done. For example, know your audience when you are writing or speaking. When you know your audience you can know what they are expecting, and you can give it to them. Knowing your audience takes other-empathy. Mature empathy knows that empathetic connection with self and others is important, and task completion is compared to that.

**Ideas of reference (excluding delusions of reference).** Without empathetic connections, our empathetic circuitry will try to connect to other things. Our empathetic circuitry is on all the time.

**Identity disturbance: markedly and persistently unstable self-image or sense of self.** With absent self-empathy there is no way to know what is going on inside of us. We won't know what our present Thoughts Feelings and Sensations are. We can tell something needs to fill that gap, maybe if we borrow someone else's Thoughts or Feelings or Sensations as our own we can fill that gap.

**Needs others to assume responsibility for most major areas of his or her life.** This assumes that these "others" that are doing this are well adjusted themselves. Someone with mature empathy would not assume this type of responsibility, they would just walk away. A person with impeded empathy won't know what is working and what is not working as they aren't accessing their inner thoughts and feelings and senses to get a clue as to how what they are doing is affecting themselves. We all can get some help and support by using other-empathy to see how others are reacting to the things that we do, to get

## 9. *Mature empathy and the symptoms of all personality disorders cannot coexist*

clues as to how we are doing with our life decisions. Without other-empathy we may just push all the life decisions directly on to an other because we can't see the subtle clues the other is already giving us.

**Behavior or appearance that is odd, eccentric, or peculiar.** Without other-empathy there is nothing to stop us from dressing or acting randomly. There is no force that would stop us, or force that would make us, act in any type of way at all other than just random. Without other-empathy we won't notice how others are reacting to us, and use that as a way to decide to change or not change.

**A pervasive and excessive need to be taken care of that leads to submissive and clinging behavior and fears of separation, beginning by early adulthood and present in a variety of contexts** This trait would seem annoying at first blush, however would actually signal the need for connection coming from that person. We need at times to be taken care of empathetically. With impeded empathy we may not be able to get this done, so we would take our need to be taken care of and misplace it and turn it into some other type of behavior. We are trying to connect, but without the right tools, or the with the right tools being hidden from us due to horrible beliefs we have about empathy, we will try to use whatever tool have available. It may look bizarre, but seen through the lens of empathy vs. impeded empathy, it starts to make sense. I think someone with this symptom is on the right track and can be helped. Unfortunately for the person with this symptom, mature empathy would naturally spend as little time with this person as possible. Mature empathy knows dynamically over a time period when they need to be taken care of and when they need to take care of something, they know when to be submissive and when not to be, when fear is there and when fear is gone. All of these change dynamically over time.

**Transient, stress-related paranoid ideation or severe dissociative symptoms.** We can't be grounded without empathetic connection. The structures in our mind are too big and too numerous to allow us to be grounded without empathetic connections. We are not lizards, who have a primitive socializing system. People need a tribe to know who they are, and to connect to this tribe requires empathy.

**Is unwilling to get involved with people unless certain of being liked.** "Being liked" is not the same as an empathetic connection. Being liked is shallow

## 9. *Mature empathy and the symptoms of all personality disorders cannot coexist*

and incomplete. We may temporarily not like someone that we are empathetically connected to, such as when friends are having an argument. It takes present self-empathy and present other-empathy to know how another is reacting to you and to know if they even desire to connect empathetically. Impeded empathy over-simplifies social interaction. Empathetic connection is rich and complex, and is much more than just being liked. Mature empathy knows that an other makes the choice to connect empathetically or not, just as they know they also make the choice to connect empathetically or not. There is no certainty, because mature empathy is looking for empathetic connection, and not simple compliance to their wishes.

**Almost always chooses solitary activities.** This person probably feels alone even in a crowd, or even with a group of people with mature empathy skills. This person is most likely always doing a solitary activity, even with other people around, due to the inability to empathetically connect. This symptom makes it look like this person has some kind of choice, and that this person can choose to empathetically connect to other people. This description of this symptom can actually hide impeded empathy and lack of social skills. Mature empathy can choose solitary activities, however they know that keeping the empathy muscle strong and toned is a very important thing for a human being to do.

**Views self as socially inept, personally unappealing, or inferior to others.** Through its wording this symptom almost makes the claim that this person is not socially inept or personally unappealing. We would need to check the quality of the empathetic connections to see what's really going on. A person with impeded empathy is going to be blind to the situation. Someone with impeded empathy trying to help someone with impeded empathy is going to be blind also. Mature empathy would know to a high degree if they were socially inept or personally unappealing or inferior to others. Empathy, almost by definition, would have you learn and know these things as a matter of course.

**Is suggestible (i.e., easily influenced by others or circumstances).** Impeded self-empathy will make one unable to discern whether a situation is doing good to them or not. Without self-empathy there will be no frame of reference, and there will only be what others are doing or saying. As they go through different situations, this person needs to learn how to name or recognize their own thoughts and feelings and sensations in as real-time as possible. This person needs to keep and strengthen their working other-empathy.

9. *Mature empathy and the symptoms of all personality disorders cannot coexist*

**Is preoccupied with details, rules, lists, order, organization, or schedules to the extent that the major point of the activity is lost.** I would say as a human the major point of any activity is to strengthen the empathy muscle. We need others and we need our tribe. When we don't spend the energy working our empathy muscle, that energy will be spent in other, essentially random, ways. Mature empathy organizes ways to strengthen the empathy muscle.

**Consistently uses physical appearance to draw attention to self.** We need empathetic connection, and with that will come some attention. With impeded empathy we are just left with getting the attention part. This person needs to learn to draw attention to their Thoughts Feelings and Sensations, and to pay attention to the Thoughts Feelings and Sensations of others. Use some of that energy to strengthen the empathy muscle.

**A pervasive pattern of detachment from social relationships and a restricted range of expression of emotions in interpersonal settings, beginning by early adulthood and present in a variety of contexts** This assumes that this person has social relationships that they can detach from. With restricted emotions this person can't have an empathetic connection. This person might have learned to restrict their Thoughts and Sensations also. When one part of the empathy structure is impeded, it starts impeding other parts of the structure to a certain degree. Mature empathy knows when to restrict expressions of emotions in social situation, especially when with a stranger or a dangerous person. Mature empathy knows when to go into protection mode of the psyche and will do it without hesitation.

**Is preoccupied with unjustified doubts about the loyalty or trustworthiness of friends or associates.** Without other-empathy we can't know how loyal or trustworthy another is, and how that loyalty and trustworthiness can change over time to increase or decrease. These doubts can only be unjustified if someone with mature empathy looks at the situation and sees that they are unjustified. However, this will help short term, as the person with the weak empathy muscle needs to strengthen their empathy muscle so they can start to make these justifications mostly on their own, with the help of others, but not others doing it totally for them. Mature empathy has a very good idea whether someone is loyal or trustworthy, and can point out how and why they have come to that conclusion.

9. *Mature empathy and the symptoms of all personality disorders cannot coexist*

**Has difficulty expressing disagreement with others because of fear of loss of support or approval. (Note: Do not include realistic fears of retribution.)** This is a shallow relationship that doesn't include mutually empathetic connection. These others may have impeded empathy, thus drama and misunderstanding can be created very easily. Mature empathy really notices when someone is never disagreeing with them, and mature empathy knows that this person most likely has weak self-empathy. Mature empathy knows empathetic connections are so important that risking disapproval is worth it to try and build that connection.

**Is often envious of others or believes that others are envious of him or her.** With impeded empathy we can't see the social situation clearly, we are essentially blind. With weak other-empathy we will misinterpret others actions and motivations.

**Urgently seeks another relationship as a source of care and support when a close relationship ends.** We need to know if this "close relationship" was an empathetically connected one. This symptom may be attributing a closeness that wasn't there. Impeded empathy will have a hard time being a connected part of a group or tribe. Mature empathy builds the empathy muscle and with that builds a social circle.

**Impulsivity or failure to plan ahead.** Impeded self-empathy will keep us from knowing when we are damaging ourself with our actions. Impeded empathy can lead us to socially flail about as our minds are looking for connections to others.

**Has a sense of entitlement (i.e., unreasonable expectations of especially favorable treatment or automatic compliance with his or her expectations).** Impeded empathy may seek compliance rather than a mutually empathetic connection. Impeded empathy will make it near impossible to set boundaries, to know where I end and an other begins. You can't set a boundary when you don't know who to trust, etc.

**A pervasive pattern of preoccupation with orderliness, perfectionism, and mental and interpersonal control, at the expense of flexibility, openness, and efficiency, beginning by early adulthood and present in a variety of contexts** Impeded empathy will keep us from being open to ours and an others experiences of life. "Control" shows that there isn't a voluntary mutually

*9. Mature empathy and the symptoms of all personality disorders cannot coexist*

empathetic connection. Mature empathy knows to control focus on building the empathy muscle.

# 10. Deconstructing social situations

Table 10.1 is a truncated table meant to show the different permutations of people, animals and objects. Line one starts with no people and no animals and no objects. Line sixty-four ends with a group of people and a group of animals and a group of objects. Each of these permutations will show the different interactions of the participants in that group.

## No People, No Animals, No Objects

When there are no sentient beings to observe and to be observed then there can be no empathy.

## No People, No Animals, Single Object

Since objects aren't sentient there can be no empathy. The only empathy that could occur would be past other object empathy or future other object empathy and this would come from human projecting onto the object. There can be no present empathy.

## No People, No Animals, Pair of Objects

Example.

Table 10.1.: Single, Pair and Group permutations

|     | People | Animal | Object |
|-----|--------|--------|--------|
| 1   | -      | -      | -      |
| 2   | -      | -      | Single |
| 3   | -      | -      | Pair   |
| 4   | -      | -      | Group  |
| ... | ...    | ...    | ...    |
| 64  | Group  | Group  | Group  |

**No People, No Animals, Group of Objects**

Example.

**No People, Single Animal, No Objects**

Example.

**No People, Single Animal, Single Object**

Example.

**No People, Single Animal, Pair of Objects**

Example.

**No People, Single Animal, Group of Objects**

Example.

**No People, Pair of Animals, No Objects**

Example.

**No People, Pair of Animals, Single Object**

Example.

**No People, Pair of Animals, Pair of Objects**

Example.

**No People, Pair of Animals, Group of Objects**

Example.

**No People, Group of Animals, No Objects**

Example.

**No People, Group of Animals, Single Object**

Example.

**No People, Group of Animals, Pair of Objects**

Example.

**No People, Group of Animals, Group of Objects**

Example.

**Single Person, No Animals, No Objects**

Example.

**Single Person, No Animals, Single Object**

Example.

**Single Person, No Animals, Pair of Objects**

Example.

**Single Person, No Animals, Group of Objects**

Example.

**Single Person, Single Animal, No Objects**

Example.

**Single Person, Single Animal, Single Object**

Example.

**Single Person, Single Animal, Pair of Objects**

Example.

**Single Person, Single Animal, Group of Objects**

Example.

**Single Person, Pair of Animals, No Objects**

Example.

**Single Person, Pair of Animals, Single Object**

Example.

**Single Person, Pair of Animals, Pair of Objects**

Example.

**Single Person, Pair of Animals, Group of Objects**

Example.

**Single Person, Group of Animals, No Objects**

Example.

**Single Person, Group of Animals, Single Object**

Example.

**Single Person, Group of Animals, Pair of Objects**

Example.

**Single Person, Group of Animals, Group of Objects**

Example.

**Pair of People, No Animals, No Objects**

Example.

**Pair of People, No Animals, Single Object**

Example.

**Pair of People, No Animals, Pair of Objects**

Example.

**Pair of People, No Animals, Group of Objects**

Example.

**Pair of People, Single Animal, No Objects**

Example.

**Pair of People, Single Animal, Single Object**

Example.

**Pair of People, Single Animal, Pair of Objects**

Example.

**Pair of People, Single Animal, Group of Objects**

Example.

**Pair of People, Pair of Animals, No Objects**

Example.

**Pair of People, Pair of Animals, Single Object**

Example.

**Pair of People, Pair of Animals, Pair of Objects**

Example.

**Pair of People, Pair of Animals, Group of Objects**

Example.

**Pair of People, Group of Animals, No Objects**

Example.

**Pair of People, Group of Animals, Single Object**

Example.

**Pair of People, Group of Animals, Pair of Objects**

Example.

**Pair of People, Group of Animals, Group of Objects**

Example.

**Group of People, No Animals, No Objects**

Example.

**Group of People, No Animals, Single Object**

Example.

**Group of People, No Animals, Pair of Objects**

Example.

**Group of People, No Animals, Group of Objects**

Example.

**Group of People, Single Animal, No Objects**

Example.

**Group of People, Single Animal, Single Object**

Example.

**Group of People, Single Animal, Pair of Objects**

Example.

**Group of People, Single Animal, Group of Objects**

Example.

**Group of People, Pair of Animals, No Objects**

Example.

**Group of People, Pair of Animals, Single Object**

Example.

*10. Deconstructing social situations*

**Group of People, Pair of Animals, Pair of Objects**

Example.

**Group of People, Pair of Animals, Group of Objects**

Example.

**Group of People, Group of Animals, No Objects**

Example.

**Group of People, Group of Animals, Single Object**

Example.

**Group of People, Group of Animals, Pair of Objects**

Example.

**Group of People, Group of Animals, Group of Objects**

Example.

# 11. Materials for practice

Here are some books on body language and emotions that can be used to train your mind.

## **Unmasking the Face by Paul Ekman [6]**

This is a scientific look at how facial expressions show what emotion the person is feeling. The first book that must be read to strengthen you empathy muscle.

## **The expression of the emotions in man and animals by Charles Darwin, edited by Paul Ekman [3]**

A very easy read that shows the beginnings of the understandings of human facial expressions and emotions. Darwin is an excellent and a clear writer. Be sure to get the edition of the book that is edited by Paul Ekman as his notes are important in bringing greater understanding to the text.

## **The emotion thesaurus: A writer's guide to character expression by Angela Ackerman [1]**

Looking at writers guides is a surprisingly useful way to get information about the types of emotions that humans express and how they are expressed.

## **The book of human emotions: From ambiguphobia to umpty–154 words from around the world for how we feel by Tiffany Watt Smith [11]**

A list of emotion words from other languages. Important in understanding that there are limitations in any language in describing and naming emotions.

## **The definitive book of body language by Allen and Barbara Pease [9]**

A very good book on body language. Understanding the basics of body language is important for empathy.

**Body language for dummies by Elizabeth Kuhnke [8]**

Another good book on the basics of body language.

**Love signals: A practical field guide to the body language of courtship by David Givens [7]**

Even if you have a significant other this book will open your eyes to courtship rituals.

**The Body Language Project: Dating, Attraction and Sexual Body Language by Christopher Philip [10]**

A very good layman's attempt at describing body language. Body language is more of an art than a science at this point in our history, and even a layman's attempt at describing body language will be illuminating. This book can be found at their website [www.bodylanguageproject.com](http://www.bodylanguageproject.com).

**Sensation & perception (Fifth Edition) by Jeremy Wolfe [12]**

Shows the ways that humans perceive and sense the world. Even if the scientific passages are hard to get through still take the time to read this book. You will get an understanding of how you and other people perceive the world.

**The Mechanism of human facial expression by Guillaume Duchenne [4]**

This book is one of the first works generated that took a practical and scientific view of human facial expressions. Paul Ekman cites this book as one of the earliest actual useful books on the study of human facial expressions. Duchenne is credited with finding what a real smile looks like and what a fake smile looks like. The real smile is even given the name the Duchenne Smile.

**Anatomy of facial expression [13]**

A book that takes a painstaking look at facial expressions and the musculature behind them. The numbering system used to describe the facial expressions come from the FACS (Facial Action Coding System) that is developed by Paul Ekman. The FACS allows researchers to very accurately describe the different configurations of the human face and is used in research.

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