

Natural Roots of Empathy

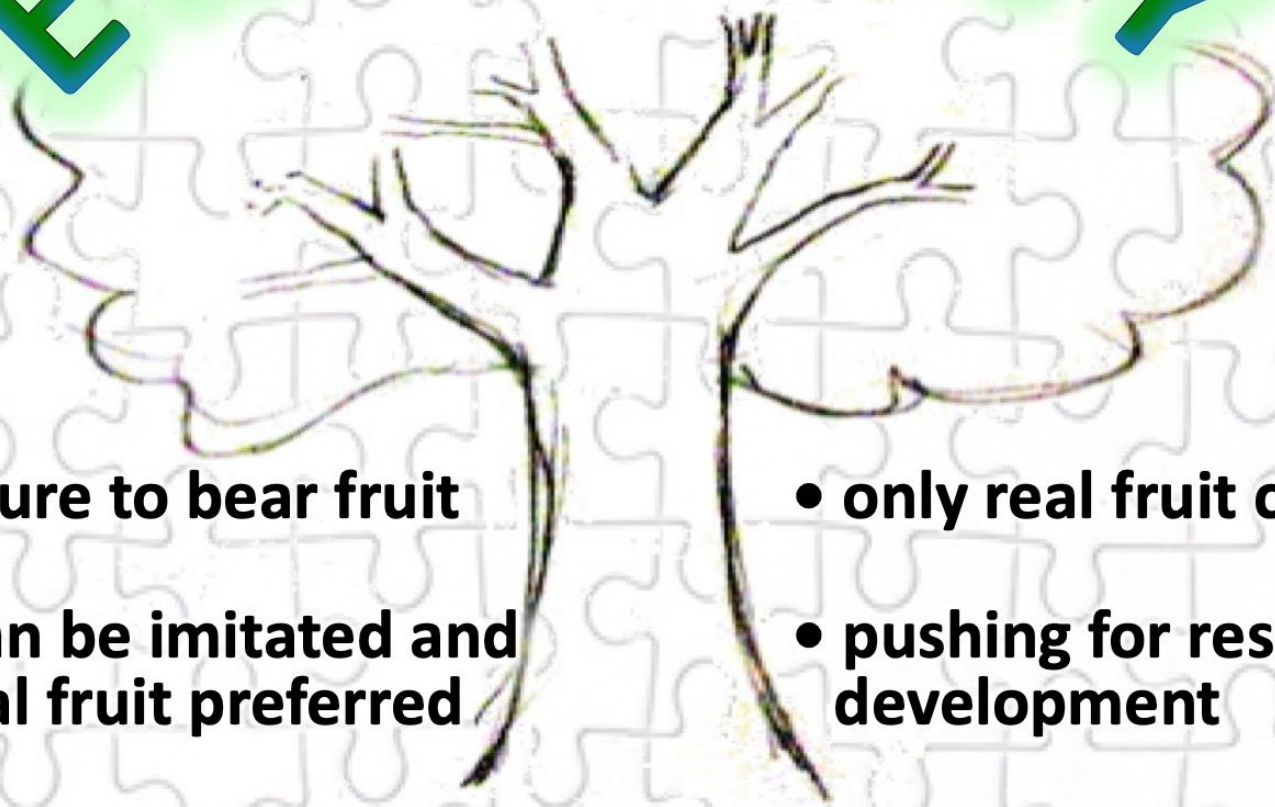


ATTACHMENT-BASED DEVELOPMENTAL APPROACH

EMPATHY



EMPATHY



- has to mature to bear fruit
- the fruit can be imitated and the artificial fruit preferred
- only real fruit can nurture
- pushing for results hinders development
- the seeds from which the tree is grown look nothing like the fruit
- there would be no fruit without the tree being well-rooted

EMPATHY

CARING



EMPATHY

consideration

CARING



EMPATHY

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?

?

EMPATHY

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**safe emotional
attachments
to caring adults**

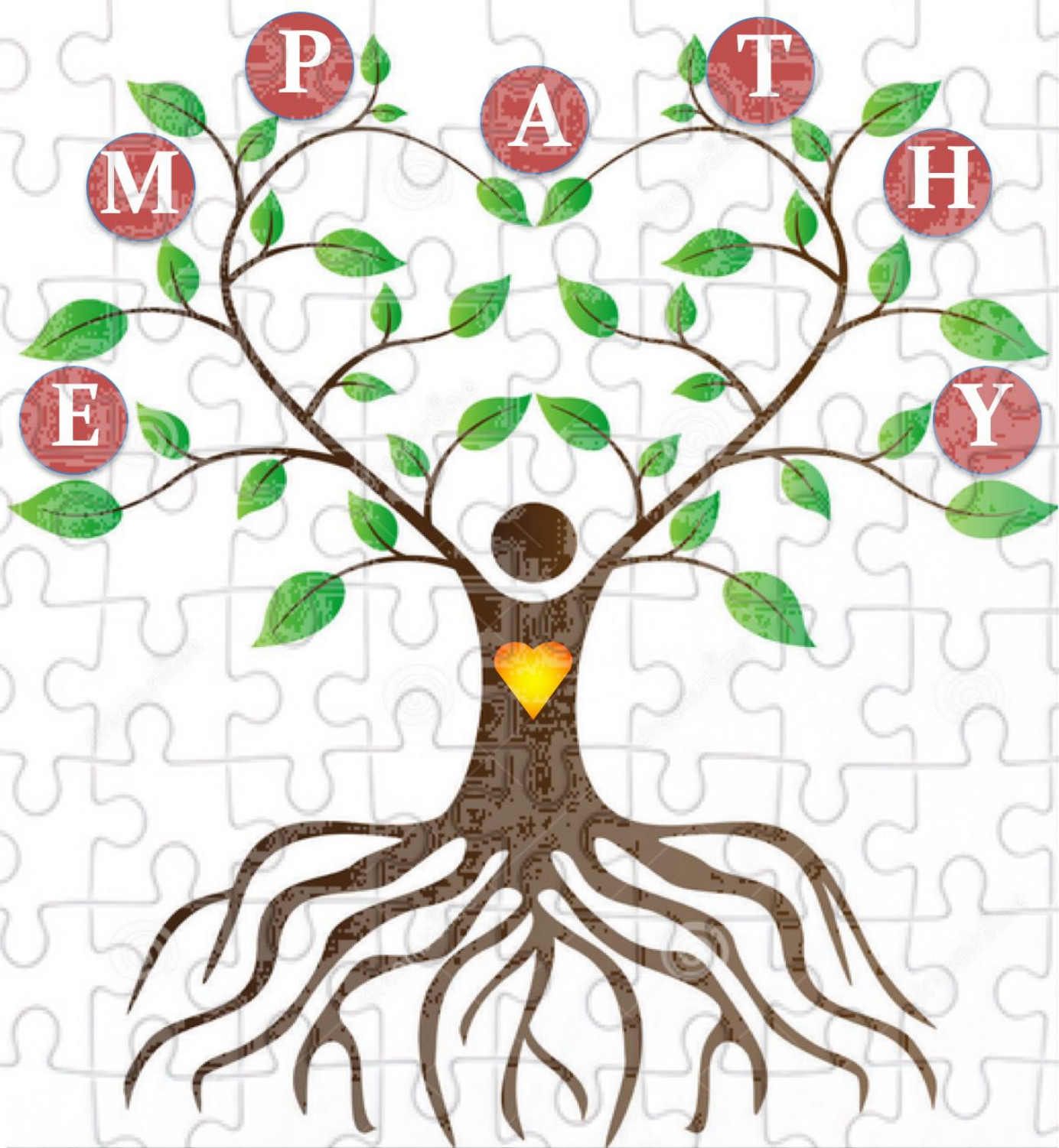
**safe emotional
playgrounds**

Our biggest mistakes:

- a) using what children care about against them and then euphemizing this wounding practice as *consequences*
- b) focusing on the *social relationships* of children instead of their attachments with caring adults
- c) *neglecting* to cradle our children in emotional playgrounds where civilization first began and where the capacity to care for others is still developed
- d) *premature socialization* (ie, focusing on the desired outcomes of development rather than the antecedent conditions conducive to development)

Our biggest mistakes:

- a) using what children care about against them
euphemizing this wounding practice
- b) focusing on the **social relationships** of children instead of their attachments with adults
- c) **neglecting** to create emotional playgrounds where children began and where their capacity to care for others developed
- d) **Reversing these practices will soften the hearts of our children and help them get their caring back.**
socialization (ie, focusing on the desired outcomes of development rather than the antecedent conditions conducive to development)





the flourishing child



Vulnerable feelings more likely to be inhibited (ie defensively filtered out)

- ☐ feelings of shyness and timidity
- ☒ feelings of embarrassment including blushing
- ☐ feelings of shame (that something is wrong with me)
- ☐ feelings of futility (sadness, disappointment, grief, sorrow)
- ☐ feelings of fulfillment (satiated, loved, enjoyed, wanted, invited)
- ☐ feelings of emptiness (neediness, missing, loneliness, insecurity)
- ☐ feelings of appreciation (thankful, grateful, indebted)
- ☒ feelings of caring (empathy, compassion, devotion, concern, invested in)
- ☐ feelings of alarm (apprehension, not safe, nervous, afraid)
- ☐ feelings of responsibility (guilt, remorse, to make things better, protective)
- ☐ feelings of woundedness (hurt feelings, anguish, pain)

reflecting

mixing

← KEY TO SELF-CONTROL

feeling

← emotions cannot mix
unless they are felt

naming

← emotions can not
be felt or recognized
unless safely

expressing

**The spontaneous FRUIT of emotional maturation
where CARING is the inner spring & tempering element**

CARING & CONSIDERATION = EMPATHY

CARING & ALARM = COURAGE

CARING & FRUSTRATION = PATIENCE

CARING & ANGER = FORGIVENESS

CARING & SHAME = INTEGRITY

CARING & DISCOMFORT = SELF-SACRIFICE

SPIRIT > FORM

integrity before diplomacy

desires greater than demands

want to's greater than have to's

curiosity valued more than instruction

intentions more important than behaviour

initiatives a greater priority than outcomes

aspirations more important than expectations

expression to take priority over appropriateness

personal meanings to take precedence over social impact

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the basic sin against natural development is premature socialization