

Questions for Reflection

E48: Is it OK to Feel Sorry for Someone?

1. When's the last time you felt sorry for someone? What was the situation?
2. What is the difference between empathy and pity?
3. Has someone ever felt sorry for you? How did it make you feel?
4. When you experience a situation that you don't understand and you feel sorry for another person, do you feel sorry because your life experience is different from theirs and you can't understand their perspective? As you reflect on it, is your feeling sorry about you or about them?

