

What does it mean to be compassionate? Paying ‘super extra special attention’ and taking action to make a positive difference.

## **FEEL!**

**Sympathy:** feelings of pity and sorrow for someone else’s misfortune.

(from the Greek *sumpatheia*, from *sumpathes*, from sun- ‘with’ + pathos ‘feeling’)

## **IMAGINE!**

**Empathy:** the ability to understand and share the feelings of another.

(from the Greek *empatheia*, from em- ‘in’ +pathos- ‘feeling’)

## **DO!**

**Compassion:** sympathetic pity and concern for the sufferings or misfortunes of others.

(from the Latin *compati* meaning ‘to suffer with’)

To notice! Paying ‘super extra special attention’ and taking action to make a positive difference.