
Taylor-Johnson Temperament Analysis® Trait E

Suggestions For Increasing Sympathy

Indications:

We are low in sympathy when we:

1. Frequently do and say things that hurt other people without feeling that we are hurting them or intending to do so.
2. Get bored and change the subject whenever other people are talking about anything in which we ourselves are not vitally interested.
3. Feel uncomfortable, ignored and get impatient with our friends when they express emotion, joy and interest, as well as sorrow, fear or anger.
4. Give most of our attention to our own desires and feelings and very little attention to the desires and feeling of others.
5. Feel that other people are frequently trying to hurt us instead of seeing their actual inner motivations, which are found not to be so.
6. Turn away from tragedy, accidents and unpleasant situations because 'it hurts too much to think about,' or because 'we would rather not get involved.'

Origins:

Sympathy flows from an ability to love and to understand, and leads to acts as well as to words. If you love and understand a person, and have a warm interest in doing whatever will really help him or her, then you will be sympathetic.

Sympathy is an important part of loving others, not for what they can do for you, but what you can do for them, and what you and they can do together.

Suggestions for Increasing Sympathy

Robert : Please review the following suggestions.

Complete the accompanying questions as applicable. You may want to explore these suggestions in greater detail with your counselor.

1. Experiment with putting yourself in another person's place, remembering that your feelings and desires are usually similar, no matter what the differences. We all need to grow, to love and be loved, to receive response and recognition from others. We all are hurt and sometimes angry when these basic needs are unfulfilled.
 - a. When you are with another person, experiment with recognizing what he or she is thinking, feeling, or trying to accomplish. Note the posture, facial expression and tone of voice, as well as what is said and done.
See how much you can recognize the person's inward feelings from their external attitude.