

# Practical Guide to Empathy Guesses (2)

---

Being able to make empathy guesses, are one of the most profound things we can offer our children and those whom we love. Making empathy guesses enable us to hear, see and experience another's person's situations for what it is – It also lets others know that we hear/see them with integrity, no interpretations involved. But most profoundly it lets them know that we care and respect them enough to take the time to ask, guess and understand with an open heart.

As promised in this mini guide I will bring up those same situations in guide (1) and role play some guesses. Sort of give you something to look at when you're stuck with guessing.

I always enjoy starting with a definition because it gives clarity on what am I talking about. So let me start by defining empathy and empathy guesses are in this peaceful paradigm;

**Empathy;** *is understanding what is going on with the other person (your child or loved one) using your heart.*

Empathy involves having an open heart towards what is going on with your child/loved on and really seeking understanding without judgment, shame or interpretation. We often, however, mistake empathy for sympathy – and they are not the same thing. A good example is; if your child's knee is hurting empathy is feeling for him heart fully, sitting by him and giving him support. Sympathy however, would be sitting next to him and join in with the crying and act as if your own knee is hurting!! (funny huh)! – Another assumption that we often have as parents, is that we think that our kids “know” that we know why are they upset or sad. Trust me this is NOT the case, naming the feelings and asking the questions and taking these few minutes to let them be conscious of your “knowing” will make a hell of a difference in the short and long run.

What about empathy guesses, how are they viewed in peaceful parenting;

**Empathy Guesses;** *What we offer those around us in terms of loving prediction or speculation of the experience they are going through.*

What makes empathy guesses so fascinating is the fact that we do such speculation and prediction with curiosity and humbleness to realize that we are wrong. When we guess we are gifting our support and understanding but not imposing it on the other. We do it with humility and love.

Now that we have established what are empathy and empathy guesses, I will refer to some these same situations I mentioned in the part 1 of this blog and build on them some empathy guesses, the language that I would use with my daughter or any of my other kids;

| Situation  | Empathy Guess  |
|--|--|
| Running around in super market and not listening to me asking for her to walk by the stroller    | Honey, are you bored and would like to have a role in our shopping? Are you enjoying everything you see? I can see you're feeling really lively, are you feeling energetic and want to run and play? and not walk in the supermarket?  |
| Playing with food/dropping food or juice on purpose on the table – then touching/playing with it | I see you're playing with your food, are enjoying how it feels in your hands? or how it looks when it drops? Are you curious to what happens when it drops or spills? Do you not like the food? Are you trying to cool the food cuz it is hot?   |
| Not wanting to wear their clothes or their jacket or whichever clothes you picked                | Are you feeling warm, hence don't want to wear the jacket? Do you want to choose your clothes alone? Do you want to have a say in what you wear?   |
| Crying loudly for leaving the park or a friends house or some place of joy                       | (I would say nothing and just be there hold hands or give a big hug saying something like I know, it is very sad that we are leaving) or are you sad we are leaving? Do you really want to stay more and play? Do you want to make sure we are coming back soon?                               |
| Not wanting to share a toy   | Are you enjoying this toy very much and not ready to give it up yet? Are you afraid if you give it to Talia, she won't give it back? Do you want to make sure she gives it back later/b4 she leaves? Do you want to play for another 5 minutes with it and they share?                         |
| Hitting a friend or mum or someone else because they took the toy                                | I can see you're hitting, are you feeling really angry that this toy was taken? Did you really wanted a choice in keeping the toy? Did you need time to work this out first with ur friend?  |
| Following mum/dad everywhere they go   | (Again all my children do that, I would usually let them do so or even sometimes stop what am doing to give them full attention and love) am noticing you're following me, do you need to be close? Do you want to share with me what am doing? Are you bored and looking for something to do? |
| Procrastinating in getting ready to go out "in the morning" or to anyplace                       | (I would ease things up and give kisses and hugs and maybe sing a bit a wake up song) but am noticing you're unable to go out bed? Do you need help? Are you tired? Do you need more time? Do you need ease and to slow down?  |
| Crying /screaming for losing a game a race for example   | (Just be there till they calm down – holding hands or seeing if they want to be hugged through it) do you really enjoy winning and want to win every time? Does it make you sad to not win?  |

In my third blog I will talk more about requests and how to work with a NO.

Love and Peace,  
Marwa