



CCN WEEKLY SOLUTIONS SERIES  
THE WEEK OF FEBRUARY 13, 2006



**“Creating Extraordinary Relationships:  
Step Into My World”**

**Featuring:  
Dr. John Townsend**

## **I. Overview of Empathy**

### A. The Purpose of Empathy

It connects people from the heart through identification with suffering.

### B. Empathy Teaches Us the Nature of God

Heb. 4:15 (NASB)

*For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin.*

### C. Empathy is the Highest Form of Love

## **II. The Levels of Empathy:**

### A. Level 1: Misunderstanding

### B. Level 2: Repetition

### C. Level 3: Connection

### D. Level 4: Deepening

### **III. Problems**

- A. Perception vs. Reality
  
  
  
  
  
  
  
  
  
  
- B. Fear of Losing Yourself
  
  
  
  
  
  
  
  
  
  
- C. Task Oriented vs. Relationship Skilled
  
  
  
  
  
  
  
  
  
  
- D. Self-Absorbed

### **IV. Skills**

- A. Recall Being Understood  
Rom. 12:15  
*Rejoice with those who rejoice, and weep with those who weep.*
  
  
  
  
  
  
  
  
  
  
- B. Focus on the Feelings Underneath
  
  
  
  
  
  
  
  
  
  
- C. Give Nonverbal Cues
  
  
  
  
  
  
  
  
  
  
- D. Use Reflective Statements
  
  
  
  
  
  
  
  
  
  
- E. Lack of Judgment

## Next Week on “Solutions”

# “Learning the Language of Love: Listening in Love”

Featuring Dr. Henry Cloud

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### Resources:

#### BOOKS:

##### Rescue Your Love Life

By Drs. Henry Cloud and John Townsend  
[www.integritypublishers.com](http://www.integritypublishers.com)

##### How People Grow

By Drs. Henry Cloud and John Townsend  
[www.zondervan.com](http://www.zondervan.com)

##### Hiding From Love

By Dr. John Townsend  
[www.zondervan.com](http://www.zondervan.com)

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