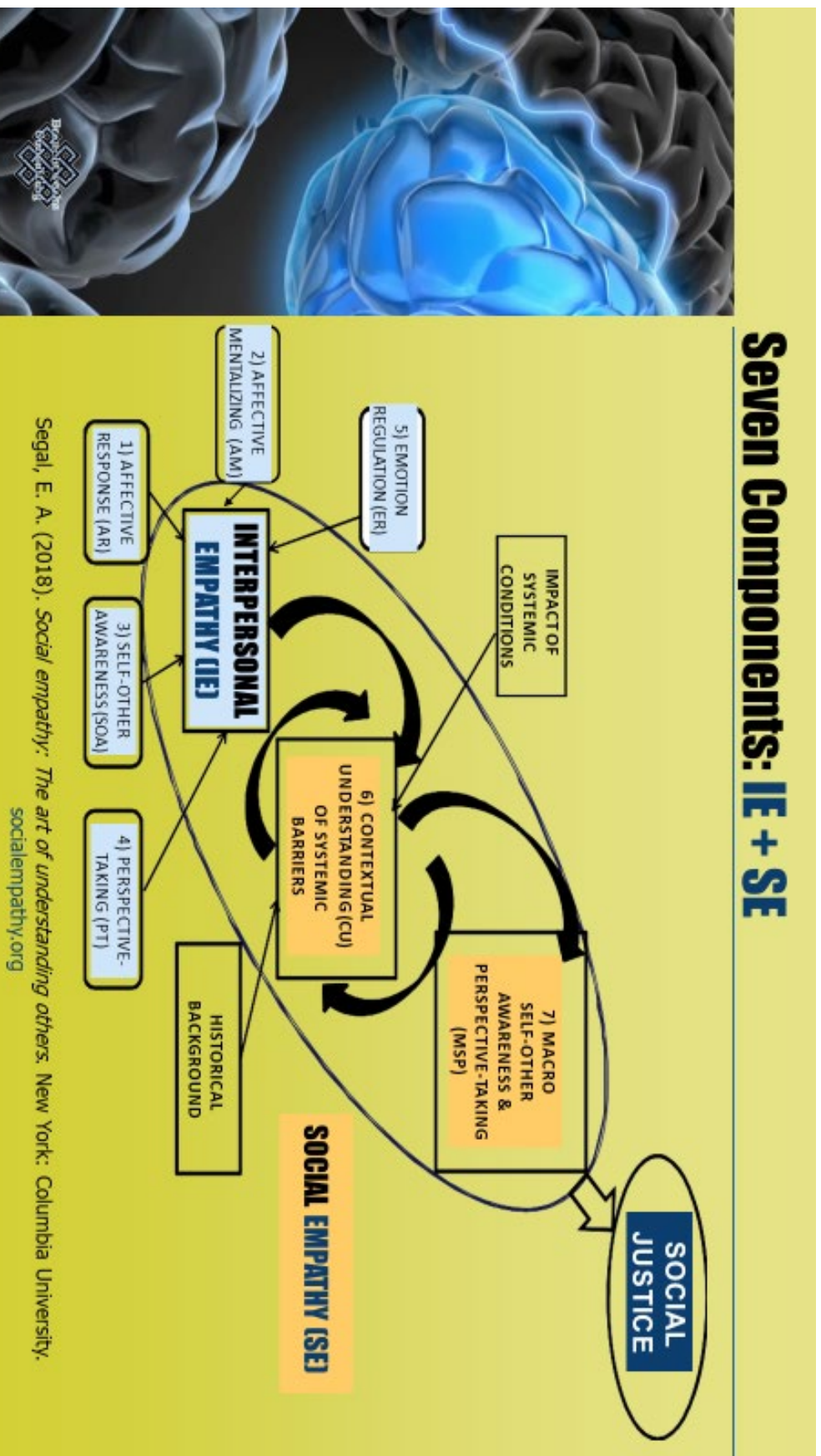


**The Seven Components of Empathy: Interpersonal Empathy (IE) + Social Empathy (SE)**  
Segal, E. A. (2018). *Social empathy: The art of understanding others*. New York: Columbia University. [socialempathy.org](http://socialempathy.org)



# Human Relations Survey: The Interpersonal and Social Empathy Index 190615

Adapted from: Segal, E. A., Gerdes, K. E., Lietz, C. A., Wagaman, M. A., & Geiger, J. M. (2017). *Assessing empathy*. New York: Columbia University.

B = P X E: (B)ehavior is always a function of (=) (P)eople interacting with (X) (E)nvironments

**Interpersonal Empathy** (AR, AM, SOA, PT, & ER) and **Social Empathy** (CU & MSP)

- 1) AR = Affective Response      Unconscious, automatic or involuntary attention (perception) produces “mirroring” or physiologically simulating others’ experiences, e.g., you cry, I feel like crying even if I don’t know why; you laugh, I laugh; you yawn, I yawn...; we are “hard-wired” for social contagions - to mimic one another setting the stage for experiential connections; this often unconscious, physiological or affective response triggers physical sensations and mind sets(AM)
- 2) AM = Affective Mentalizing      Stories or explanations of events (vs actually experiencing) leads to mentalizing - creating mental images or maps and cognitively processing (thinking/feeling) the subjective (my) meaning of another’s experience; triggers affective or physiological responses as if it is happening to me - intrapersonal, not yet other-person and her/his context-specific caring or interpersonal empathy; often based on P or E not B = P X E
- 3) SOA = Self-Other Awareness      Following the AR, consciously recognizing the differences between my reactions (P<sup>1</sup>) and the experiences, feelings and thoughts of the other person (P<sup>2</sup>); although we feel emotion(s), the cause is recognized as P<sup>2</sup>’s experience, not mine, and I notice projections or interpretations (biases) that blur the SO distinction
- 4) PT = Perspective Taking      Cognitive processing of “stepping into their shoes”: toggling between my perspective/interpretations to explore the experience’s meaning from the others’ point of view; theory of mind is at work without succumbing to the fundamental attribution error and other biases
- 5) ER = Emotion Regulation      Last component of interpersonal empathy; manage or modulate the intensity, duration, direction (= or -) of my emotions to sense another’s feelings without becoming swept away, into or overwhelmed by that person’s emotions as if it is mine = *equanimity*
- 6) CU = Contextual Understanding of systemic barriers      Fully grasping and appreciating the historical and current of impact of exposure to social, political and economic barriers and privilege experiences of groups different from mine
- 7) MSP = Macro Self-other Perspective-taking      With awareness and insight into the social, political and economic context of the other, more fully step into and process what it may be like to live as a member of the other’s group: B = P X E

