

# Empathy vs Compassion

Empathy	Compassion
An emotional and cognitive response	Compassion is an emotional response to empathy and creates a desire to help
Feeling your emotions while other is feeling their emotions	Part of 'care seeking' network
Releases hormone <b>oxytocin</b> (love hormone)	Activates <b>dopamine</b> (motivation and reward hormone)
Doesn't necessarily activate desire to help	Be 'with' someone but remain centred and connected to Self
Being too open and not clear boundaries will lead to burnout	Clear boundaries around what you can and can't do or offer
<b>Unsustainable</b>	<b>Sustainable</b>

