

# My honest little poem on empathy

By Carolyn Cleveland

**HOW ARE YOU FEELING?** I always ask, I like to know;  
I CARE you see, how people are, even in times of WOE,  
To use skills of EMPATHY, emotional intelligence too; to see another's perspective,  
what are they going through?  
But I am HONEST also, about how hard this can be; in a world full of 'FACEBOOK perfect', for all to see,  
So, this little poem, rhyme, words, or verse, is an honest view of EMPATHY, and how we converse.



EMPATHY, is a POWERFUL skill, it's CARE, INTEREST, COMPASSION;  
IMAGINATION and ACTION, so often out of fashion  
SO, what makes it HARD to understand another's' view of life? What do they FEEL? Their happiness, their strife?  
Well... maybe they're Mrs. Grumpy? OR even Mr. Mean?  
Arrogant Alice? or possibly Jealous Jean?  
Unreasonable Uma? or even Emotional Ed,?  
Oh, and let's not forget Stubborn Sadia or, Tiresome Ted!



**ONE THINGS FOR SURE**, they WON'T be like ME, or like YOU;  
They won't be considered, reasonable, kind, and true.  
They **won't** be non-judgemental, CALMNESS PERSONIFIED!  
**NO**, they will be DIFFICULT, with too much ego or pride.

**HOLD ON THOUGH!!** I train empathy and I can **STILL** be all these things!



I KNOW Arrogant Alice...but in ME..... saying words that sting. 

I recognise Stubborn Sadia, OH, AND Emotional Ed!

I remember when my unconscious took over and I just saw **RED**.



YOU SEE, we are **ALL** these things as we develop and grow;  
And often it's when we feel **VULNERABLE**, or **SAD** or **LOW**.  
Sometimes we are stressed, or a symbolic 'whipping post';  
and this is when we need empathy from another the **most**.  
Empathy is a skill that will fluctuate up and down; because sometimes we are **BUZZING** and sometimes,  
we feel we will **DROWN**.  
But whatever your job, gender, or race, you're human, I am too;  
it's our commonality; we're the masses, not the few!



WE WILL BE all things described above and more; we'll all need someone's EMPATHY, to help us off the FLOOR.  
So PLEASE accept it's challenging, you'll want to **SCREAM** inside;  
if Arrogant Alice stops you taking things in your stride.  
You see, I've been there, and it's when I need some SPACE;  
to reflect on what was happening, at home, or workplace.

We all have emotions, so please don't stop trying;  
because **empathy gives us POWER**,  
**to make another's life, less TERRIFYING**.



Carolyn Cleveland