

# Empathy and Compassion

- **Cognitive Empathy**—knowing what someone else is thinking and how they might react.
- **Emotional Empathy**—sensing how someone else feels, e.g., “feeling your pain.”
- **Rational Compassion**—feeling kindness or love toward others.
- **Collective Effervescence**—a strong sense of group belongingness and interconnectedness in which sense of self yields to strong connections among group members, at times providing a sense of euphoria.