

Empathy Is Actually a Choice

July 15, 2015

The New York Times:

ONE death is a tragedy. One million is a statistic.

You've probably heard this saying before. It is thought to capture an unfortunate truth about empathy: While a single crying child or injured puppy tugs at our heartstrings, large numbers of suffering people, as in epidemics, earthquakes and genocides, do not inspire a comparable reaction.

Studies have repeatedly confirmed this. It's a troubling finding because, as recent research has demonstrated, many of us believe that if more lives are at stake, we will — and should — feel more empathy (i.e., vicariously share others' experiences) and do more to help.

Read the whole story: [The New York Times](#)