

Empaths have quite a lot to contribute to society. They have endless plans, dreams, and objectives as idealistic group. But because INFPs are introverted feelers and part of the human race, they can experience sadness too. Their depressing emotions are amplified when they rely on their bad INFP routines because they feel caught in a rut.



### Allow them to express anger

Be the person who will listen without passing judgment when they discuss their negative experiences or emotions. Walk gently through a difficult situation with them. This means you shouldn't talk over them or try to make them see the bright side.

### Display objectivity and clarity

Help the person see how to resolve the issue if it can be resolved. Provide specific instructions for attaining the solution. Make sure to highlight the straightforward answer and how things will turn out in the end. But while you're doing that, please be patient and DON'T BE CONDEMNING.

# How to Heal an Empath

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### Prevent them from talking badly about themselves

Whenever the Empaths engage in a destructive internal debate, make them aware of it. Insist that they treat themselves with the exact respect that they naturally treat others.

### Congratulate them for who they are rather than what they do

It is preferable to commend an Empath on an aspect of their identity or personality rather than talent or competence. When you congratulate someone on doing a task quickly, you might believe you're being kind, but you might instead be causing them performance anxiety. You might increase the INFP's sense of urgency to keep improving and achieving more.



### RESOURCES

- <https://www.quora.com/How-do-you-cheer-up-an-INFP>
- <https://www.personalitycafe.com/threads/how-to-help-a-sad-depressed-infp.129157/>
- <https://www.youtube.com/watch?v=NC12ueFND1A>
- <https://www.psychologytoday.com/us/blog/the-empaths-survival-guide/202006/7-ways-empaths-can-heal-trauma-and-ptsd>