

CURSED EMPATHY RECIPE

A lifetime • Difficult • Cheap

Looking for the best recipe to understand your empathy? Let me introduce you to the cursed empathy recipe! All the ingredients you need come from the garden of your heart, and it couldn't be simpler. :)

Ingredients _____

-	1 person	+
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- ½ tablespoon of hypersensitivity
- 4 + ½ of big heart powder
- 2 cups of guilt
- 3 thinking fruits
- 2 cups of tears
- 1 seed of love

Tools _____

- Insomnia
- Cats videos
- Family gathering
- Veterans' family reunion videos
- The disastrous world situation
- My mother's control-freak attitude

- Beloved friends you would do anything for

Preparation

STEP 1

First, heat your family gathering with drama, trauma, and grandmas.

Then, cut the thinking fruits into quarters with the control freak attitude of my mother.

Being under pressure from others, and analyzing their every emotion.

STEP 2

In the disastrous world situation, add the 2 cups of guilt and the big heart powder.

Mix it at least for 2 hours through insomnia, before adding the 2 cups of tears.

Having this overwhelming feeling of guilt over the current state of the world and my desire to help everyone, the tears are often impossible to hold back.

STEP 3

After a consistent dough has formed, add a seed of love to make it relish its flavor, on the friends that you love. Let it rest for 30 minutes.

Once all these emotions have been absorbed, my being stores everything up and bleeds from inside for those I love.

STEP 4

When it is cool, cut it in half and roll the dough over cat videos. Put the fruit slices in it, and do not forget half of a hypersensitivity tablespoon, for taste.

Still, after the meltdown has passed, it doesn't take much for my mind to go back to the question. Is this person all right ? Am I a good friend, person? I hope they're good? Hypersensitivity amplifies everything!

STEP 5

In a real hot family gathering, put the preparation and let it cook for days.

Then finally, after a while, I fully embrace these emotions and accept them as my own.

STEP 6

When it is done, take the other half and start again, this time over videos of Veterans' family reunion.

It's starting all over again. There are always different situations in which our empathy arises, without being able to understand or know what the cause is. It's a vicious circle and an endless loop.

STEP 7

Finally, combine the two doughs together and voilà, you are ready to eat!

Author's note:

Ultimately, the following recipe describes the phenomenon of hyperempathy:

Hyperempathy is characterized by an acute sense of empathy. It involves instinctively and unconsciously putting oneself in someone else's shoes. In fact, it can cause one to feel their emotional state to the point of having difficulty distinguishing one's own emotions from those of others. - (UK Therapy Guide)

Emotions that, as a sponge, everyone addresses with the aim of making the loved one feel better. Yet the cost of empathy can also include danger of self-loss (Breithaupt, Preston & de Waal). According to Fritz Breithaupt, it is possible to imagine failures by empathy, in which individuals lend their identity to prolonged periods of time and can even behave against their own personal interests. For instance, agreeing to do something for a person, despite the fact that one does not desire to. Likewise, being afraid to bring up specific issues, because the person might react in a bad or dangerous way. It's losing one's values for the sake of someone else. However, it could be that this excessive empathy stems from a lack of understanding of one's own emotions. Thus, through the other person, there is as much an escape as an answer. Therefore, this ambiguity leads to perpetual wandering. A feeling that I'm experiencing every day. This is the reason why it was necessary to make a recipe out of it! You are not alone.

Don't forget to comment and rate for ranking, bon appétit!