**Helper Empathy**

I agree that it is the principal route to understanding helpees and allowing them to feel understood because the helper attempts to see the world the way helpees perceive it from their “internal frame of reference”. Empathy is the capability to share and understand another’s emotion and feelings. It is often characterized as the ability to "put oneself into another's shoes," or in some way experience what the other person is feeling. Without this you cannot be an effective helper because you will not understand what the helpee is going through.

The helper also experiences the same feelings of hurt or anger, for example, as the helpee. This is not the same as sympathy for the helpee. To have sympathy, one feels sorry for another's plight but remains relatively distant.

**Helper openness**

One of the principal goals in the beginning of a helping relationship is to encourage helpees to disclose their thoughts and feelings freely to their helpers.

Helpers must also be willing to reveal their own views to their helpees in an honest way. The essential condition of trust, furthermore, is directly dependant on the extent to which the helper and helpee are open to each other.

**Responsibility**

The issue of how much responsibility a helper can take for a helpee’s behavior is very unclear. Some helpers move to one extreme of saying that a helpee is the only one responsible for the outcomes or consequences of the relationship. Others maintain a very accountable stance under the assumption that the helper is mainly responsible for what happens to the helpee as a result of the helping relationship. In our observation most authorities view this issue as a shared responsibility. Helpee’s are responsible for their own decisions and the helper is responsible for presenting ideas, reactions or support as deemed appropriate or as requested by the helpee. It follows a responsibility continuum which is no linear.