

# Empathy—Sympathy Matrix

## An Enneagram Explanation of Empathy and Sympathy

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# Definitions

- Empathy
  - *“I feel what you are feeling”*
- Sympathy
  - *“I care about what you are feeling”*



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# Empathy – Harmony Triads

- Most Empathetic
  - Relationist Triad: Types 2, 5, 8
- Mid Empathetic
  - Idealist Triad: Types 1, 4, 7
- Least Empathetic
  - Pragmatist Triad: Types 3, 6, 9

*“I feel what you are feeling”*



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# Sympathy – Temperament Triads

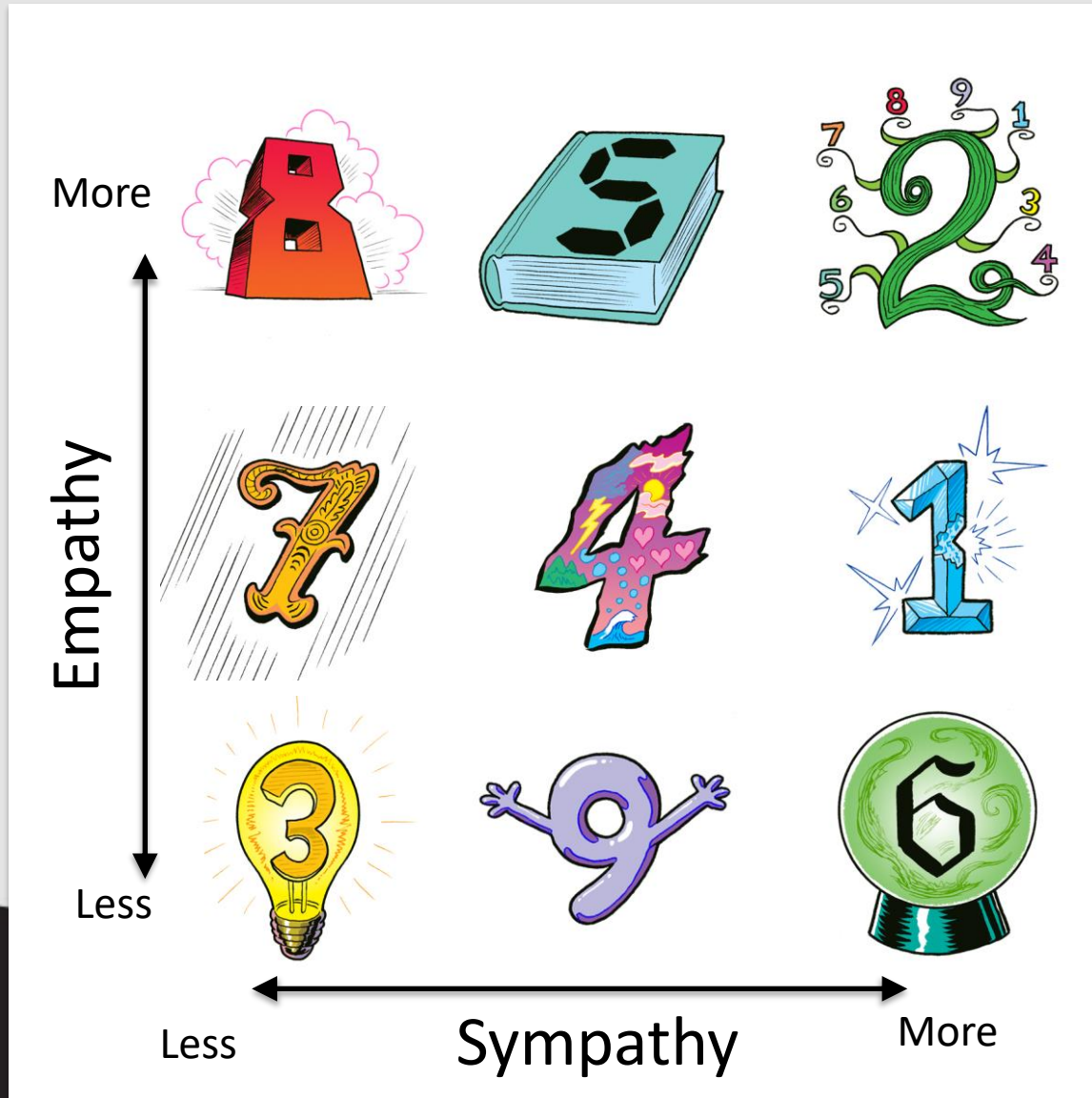
- Most Sympathetic
  - Compliant Triad: Types 1, 2, 6
- Mid Sympathetic
  - Withdrawing Triad: Types 4, 5, 9
- Least Sympathetic
  - Assertive Triad: Types 3, 7, 8

*“I care what you are feeling”*



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# Empathy—Sympathy Matrix



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# What each type might say...

- 1: I sense what you're feeling, and I really care, especially if there's an injustice
- 2: I deeply feel what you're feeling, and I really care
- 3: Not sure what you're feeling, and not sure it's important
- 4: I feel what you're feeling and care (center of matrix)
- 5: I strongly feel what you're feeling and, sure, I care
- 6: I really care what you're feeling but not sure I feel it myself
- 7: I sense your feelings but having fun is more important
- 8: I know exactly what you're feeling and really don't care
- 9: I'm not sure what you're feeling but I care, especially if your feelings will lead to conflict



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# Empathy-Sympathy Diversity Triads

- Triads w/ all Degrees of Emp. & Sym.
- Main Triads
  - 8-9-1 (Gut); 2-3-4 (Heart); 5-6-7 (Head)
- Harmonic Triads (don't confuse with Harmony Triads)
  - 2-7-9 (Positive Outlook); 1-3-5 (Competent);  
4-6-8 (Emotionally Reactive)



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