

TABLE 12.2 Batson's Empathy-Altruism Model of Helping

	Level of Empathy		Dominant Emotional Reaction		Type of Helping
Response to a Person in Distress	High	→	Sympathy (aka empathic concern)	→	Altruistic helping
	Low	→	Personal distress	→	Egoistic helping

Note: Empathy determines how we feel when we encounter a person in a state of need, and our dominant emotional reaction determines the type of helping that occurs.