

# Do most men you encounter lack empathy?

4 upvotes | 3 March, 2021 | by empatheticapathetic

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Most men I encounter seem to lack a strong sense of empathy. For most of them it really stops them from making the most of their potential.

Any successful guy I encounter (in work/life) seems to be able to read a room/people very well and has a lot of emotional intelligence. He can get what he wants because he knows how to sell his idea/product efficiently and can think on his feet. He usually does that by thinking about how the recipient would react to his request so he can better optimise his approach.

Then most of the guys I seem to end up having as friends/acquaintances are very unempathetic. They always say/suggest self serving ideas that indicate they have only considered their own point of view. Their returns are usually low as a result.

I complain to a good friend of mine that we only seem to be able to attract low level guys as friends. These guys are ok to hang out with for a while but it's usually their lack of empathy that causes my patience to run out. They fail to engage in a mutually beneficial relationship and are unable/uninterested in changing their ways.

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AutoModerator[M] [score hidden] 3 March, 2021 03:40 PM stickied comment

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jjj2576 • 6 points • 3 March, 2021 04:18 PM

Empathy is a funny thing— empathy is “understanding” another person’s lens, their emotional train of thought. A sociopath can even be empathetic, as they can leverage their understanding to manipulate others.

I facilitate a men’s Bible study— it’s a small, politically diverse group. We usually spend time shooting the shit about whatever, but we can feel that each man is trying to learn how someone can come to whatever Conservative/Liberal conclusion they are coming to.

Men that lack empathy lack value. Consider the Man who understand RP theory, but ignores how each wave of feminism has affected the world on a macro and micro level— this is a lack of emotional understanding, a lack of empathy.

I don’t consider myself empathetic— part of that is to hedge my bets so I can grow my understanding of people and the world.

STFU even has value here: Talk less. Listen more.

nowaykanye • 7 points • 3 March, 2021 03:48 PM

Very astute observation, I never thought of it like that. Yes, most men I know lack empathy too including myself (self fulfilling prophecy?)The empathetic ones were the best friends I had, and I ruined some of those relationships because of my selfishness.

Very interesting post

EIEsToxico • 4 points • 3 March, 2021 04:02 PM

I've been called an empathy by weird white girls with dreads, crystals, and too many tattoos and I'm a guy. I just frame it like you do by having high emotional intelligence and I guess kinda being able to sense what people feel or think deep down about any given situations. None of my friends (unless they're smelly new agers)are able to do the same and the trait seems to be found more often in women.

While I can see being highly emphatic as useful in some situations, it definitely sucks when it comes to gaming because you can end up "empathizing" with people and wanting to comfort them or give them emotional support, thus potentially becoming their emotional tampon and getting friend zoned, so I tend to shut it off with women and men I don't trust. It's the guys that don't show they care that get the most lays.

Andorli • 0 points • 4 March, 2021 07:29 AM

Have you considered that you might have BPD traits? If you had abusive childhood or lack of parental figures, that might be your answer.

halleluiaiaia9292 • 0 points • 3 March, 2021 03:49 PM

I think a balance is what is best.

A person that has too much empathy (aka nice guy) is even worse for me. I rather have an honest, self-serving person as friend with whom I can argue and disagree rather than some passive, all-accepting person that you don't know where he truly stands.

This is actually why women also prefer more selfish/arrogant men than "nice guys".

I just adapt my style. When a friend is selfish I also become more selfish. And its perfectly fine like that.

For instance i have a friend who is lazy when things are not on his terms. With this guy i also push for things to be more on my terms. With less selfish friends i am much more compromising.

I value both equally

empatheticapathetic[S] • 5 points • 3 March, 2021 04:06 PM

I don't think a nice guy has too much empathy but rather a lack of boundaries/self respect. One of these friends I talk about is peak nice guy but still has trouble empathising. He defaults to the narrative of any group he is with out of anxiety rather than sympathy.

I think what you're talking about in general are just boundaries. Empathy is just the ability to think from another perspective.

Yeah I change my attitude to match/optimize my relationships with these people but it's tiring because it's forcing me to operate at a lower level than is really necessary just to engage in a less beneficial relationship.

Used\_Hovercraft9634 • 1 point • 3 March, 2021 11:02 PM

In chimpanzee society, females are the greatest empathizers, males mostly lack empathy. However, can you guess who does the most empathizing out of all the men and women? The ALPHA male. Now use this to further your understanding. hahaha. Also not just empathy, take into account compassion as well.

Snowboard18 • 0 points • 3 March, 2021 05:58 PM

I'd say yeah in general, most guys at the top of the food chain are generally less empathetic than the rest

empatheticapathetic[S] • 2 points • 3 March, 2021 06:07 PM

Try reading the post again.