



Rate Yourself:

EMPATHY



Need to Work on it.....OK.....Average.....Good.....Excellent

1

2

3

4

5

1.) Rate yourself on each of the empathy skills listed.

2.) Circle the ones you feel you could improve upon.

Write a goal about how you could change one that you circled that would benefit you.

A large, rounded rectangular box with a black border, intended for writing a goal.

_____ Emotional Maturity

_____ Sensitive to the feelings of others

_____ Understand how others feel

_____ Ability to feel what others are feeling

_____ Treat others with respect and dignity

_____ Listen intently to how others feel

_____ I have a strong sense of point of view

_____ I don't have unrealistic expectations of others