

# Empathy

1

*Recognizing emotions in others.*

How do you know how others are feeling?

Why is it important to understand how others are feeling to show empathy?

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# Empathy

2

*Listening actively.*

Why is it important to listen actively in order to show your empathy toward others? What does it mean to listen actively? What does it look like?

# Empathy

3

*Be a role model.*

What can you do to role model how to show empathy to others?

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# Empathy

4

*Empathy means caring.*

Compare and contrast empathy and caring.

# Empathy

5

*Understanding point of view.*

How can you put yourself in the shoes of others and truly understand their point of view?

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6

*Let go of biases.*

Why is it important to let go of biases in order to become empathetic?

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7

*Do not judge others.*

Why is it important not to judge others to show your empathy?

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# Empathy

8

*Empathy is actions and words.*

Provide 2 examples of actions and statements you can use to show a person that you are empathetic.

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# Empathy

9

*Show genuine interest.*

Provide advice as to how you can show sincere interest to somebody in need of your empathy.

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# Empathy

10

*Be encouraging.*

What 5 statements can you use to show encouragement toward the individual? (*I'm here for you, you can do this...*)

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