

Your Personal Empathy Score and Action Plan

Instructions: For every **odd**-numbered question on the Got Empathy? Self-Reflection Worksheet: Give yourself +4 points for every item you scored as a 4 (Somewhat Like Me), and +5 points for every item you scored as a 5 (Most Like Me). Add these points together.

For every **even**-numbered question on the Got Empathy? Self-Reflection Worksheet: Give yourself -4 points for every item you scored as a 4 (Somewhat Like Me), and -5 points for every item you scored as a 5 (Most Like Me). Subtract these points from your score above.

If you scored:

52–65: You are someone who probably finds it easy to show that you care about how others feel, whether you know them well or not. People are likely to consider you a caring person and a good friend. Keep up the good work!

39–51: You are somewhat tuned in to other people’s needs, but probably need some practice taking other people’s perspectives and considering how you’d feel if you were in their shoes. Look especially at ways you treat others you don’t know or like well—people just may find you a better friend.

26–38: You may need some practice reading social and emotional cues about how people are feeling. Practice looking at situations from other people’s points of view. Consider ways you might make incorrect assumptions about others, based on your own experiences or biases.

25 or under: It’s not always easy to show empathy. You are probably not as aware of other people’s needs as you could be. Consider talking with friends and adults you know to find out ways you could be more sensitive to others. Through practice, you can increase your empathy toward others. Think about some concrete goals you can set for yourself to improve the way you get along with others, and then stick with them.

Action Plan: Look over your responses on the Got Empathy? Self-Reflection Worksheet. Write three behaviors you could change that would raise your Personal Empathy Score:

1. _____
2. _____
3. _____