Category 4

Got Empathy? Personal Checklist

Instructions: Read the Situation Card(s) you have been given. Answer the following questions for each scenario.

1. Assume that the "someone" described in the situation is YOU. Answer as honestly as possible. You will not have to share your answers with anyone. For each scenario, list five descriptors that express how you would feel in that situation. If there are factors that might influence how you'd feel, write those under "How I'd feel would depend on . . . ."

Situation #_____

Emotional descriptors: _____

_____   _____

_____   _____

How I'd feel would depend on: _____

_____   _____

_____   _____

Situation #_____

Emotional descriptors: _____

_____   _____

_____   _____

How I'd feel would depend on: _____

_____   _____

_____   _____

2. If this situation happened to someone else, what clues would help you to determine how that person might be feeling? (Be specific: facial expressions, body language, other behavior or situation "clues.")

Situation #_____

How might the person be feeling?

_____

_____

_____

What clues would you look for in this situation?

_____

_____

_____

Situation #_____

How might the person be feeling?

_____

_____

_____

What clues would you look for in this situation?

_____

_____

_____