

Got Empathy? Self-Reflection Worksheet

Instructions: Read each of the statements below. For each one, circle the response (from 1 to 5) that best describes how you feel. Be honest with yourself!

1	2	3	4	5
Not at All Like Me	Somewhat Unlike Me	Neither Like/ Unlike Me	Somewhat Like Me	Most Like Me

1. When I see a boy who is hurt, I want to help or comfort him.

1	2	3	4	5
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2. I think people who treat pets like they are part of the family are ridiculous.

1	2	3	4	5
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3. When I see a girl who is left out, I feel sorry for her.

1	2	3	4	5
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4. I think people who cry during a sad movie or book are overreacting and are just too sensitive.

1	2	3	4	5
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5. When I see a girl who is hurt, I want to help or comfort her.

1	2	3	4	5
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6. I don't feel upset when I think someone else is being treated unfairly.

1	2	3	4	5
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7. When I see a boy who is left out, I feel sorry for him.

1	2	3	4	5
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8. When I see someone being ridiculed, I just want to ignore the situation and walk away.

1	2	3	4	5
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9. I often feel distressed when I see images on TV about disasters that have affected children and families.

1	2	3	4	5
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10. I think people who give gifts or thank others for things are overly sentimental.

1	2	3	4	5
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11. When I read about something sad or tragic in a book, it brings tears to my eyes.

1	2	3	4	5
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12. People who cry when they are happy are weak and silly.
1 2 3 4 5
13. It makes me feel sad when something bad happens to someone I know.
1 2 3 4 5
14. It's hard for me to understand why people get upset about things.
1 2 3 4 5
15. When I see a girl my age crying, I feel like crying, too.
1 2 3 4 5
16. If I have something someone else wants, I feel glad and don't feel any need to share with them.
1 2 3 4 5
17. It makes me feel good to see other people open a gift that they really wanted.
1 2 3 4 5
18. I feel people get what they deserve. If bad things happen to them, they must have done something to deserve it.
1 2 3 4 5
19. When I see a boy my age crying, I feel like crying, too.
1 2 3 4 5
20. When I see images of tragic events on the news—like hurricanes or famine—it doesn't affect me because I don't know those people.
1 2 3 4 5
21. I feel embarrassed and guilty when I do something that hurts someone else's feelings.
1 2 3 4 5
22. I think it's humorous when someone does something embarrassing.
1 2 3 4 5
23. It makes me feel good to do something to help someone else, even if I don't know them.
1 2 3 4 5
24. It doesn't bother me one way or the other when I see someone I don't know being bullied or made fun of.
1 2 3 4 5
25. It makes me feel anxious when I see someone about to do something where I know they might get hurt.
1 2 3 4 5
26. I don't feel anything when I see violence on TV or in the movies—even if it is very realistic.
1 2 3 4 5