

## **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<br>Like Me |             | ewhat<br>ce Me | Neither L<br>Unlike I |              | Somewhat<br>Like Me   | Most Like<br>Me |
|     |                       |             |                |                       |              |                       |                 |
| 1.  | When I see a          | a boy who   | is hurt, I     | want to he            | lp or comf   | ort him.              |                 |
|     | 1                     | 2           | 3              | 4                     | 5            |                       |                 |
| 2.  | I think peop          | ole who tre | eat pets lik   | e they are 1          | part of the  | family are ridicule   | ous.            |
|     | 1                     | 2           | 3              | 4                     | 5            |                       |                 |
| 3.  | When I see a          | a girl who  | is left out,   | I feel sorr           | y for her.   |                       |                 |
|     | 1                     | 2           | 3              | 4                     | 5            |                       |                 |
| 4.  | I think peop          | ole who cry | y during a     | sad movie             | or book a    | re overreacting an    | d are just too  |
|     | sensitive.            | ·           |                |                       |              |                       | ,               |
|     | 1                     | 2           | 3              | 4                     | 5            |                       |                 |
| 5.  | When I see a          | a girl who  | is hurt, I v   | vant to hel           | p or comfe   | ort her.              |                 |
|     | 1                     | 2           | 3              | 4                     | 5            |                       |                 |
| 6.  | I don't feel ι        | ipset whei  | n I think so   | omeone els            | e is being 1 | reated unfairly.      |                 |
|     | 1                     | 2           | 3              | 4                     | 5            | •                     |                 |
| 7.  | When I see            | a boy who   | is left out    | , I feel sorr         | y for him.   |                       |                 |
|     | 1                     | 2           | 3              | 4                     | ,<br>5       |                       |                 |
| 8.  | When I see s          | someone b   | eing ridicu    | ıled, I just          | want to ig   | nore the situation    | and walk        |
|     | away.                 |             | O              | , ,                   | O            |                       |                 |
|     | 1                     | 2           | 3              | 4                     | 5            |                       |                 |
| 9.  | I often feel o        | distressed  | when I see     | images on             | TV about     | disasters that hav    | e affected      |
|     | children and          |             |                | Ü                     |              |                       |                 |
|     | 1                     | 2           | 3              | 4                     | 5            |                       |                 |
| 10. | I think peop          | ole who giv | ve gifts or    | thank othe            | rs for thin  | gs are overly senting | mental.         |
|     | 1                     | 2           | 3              | 4                     | 5            | ,                     |                 |
| 11. | When I read           | l about so  | mething sa     | d or tragic           | in a book    | , it brings tears to  | my eyes.        |
|     | 1                     | 2           | 3              | 4                     | 5            | , 6                   | , ,             |
|     |                       |             |                |                       |              |                       |                 |

| 12. People wh   | no cry whe   | n they ar   | e happy ar  | weak and silly.   |  |
|---|--|---|---|---|--|
| 1   | 2  | 3   | 4   | 5   |  |
| 13. It makes i  | me feel sad  | when so   | mething ba  | l happens to someone I kn   | ow.  |
| 1   | 2  | 3   | 4   | 5   |  |
| 14. It's hard f   | or me to u   | nderstan  | d why peop  | e get upset about things.   |  |
| 1   | 2  | 3   | 4   | 5   |  |
| 15. When I se   | ee a girl my   | age cryi  | ng, I feel li   | e crying, too.  |  |
| 1   | 2  | 3   | 4   | 5   |  |
| 16. If I have s   | something  | someone   | else wants  | I feel glad and don't feel ar   | ny need to share   |
| with then   | ı.   |   |   |   |  |
| 1   | 2  | 3   | 4   | 5   |  |
|   | _  |   |   | open a gift that they reall   | y wanted.  |
| 1   | 2  | 3   | 4   | 5   |  |
| 18. I feel peop   | ple get wha  | at they de  | eserve. If ba   | I things happen to them, th   | ney must have  |
| done som  | ething to c  | leserve it  | •   |   |  |
| 1   | 2  | 3   | 4   | 5   |  |
| 19. When I se   |  |   | ing, I feel li  | e crying, too.  |  |
| 1   | 2  | 3   | 4   | 5   |  |
| 20 When I se  |  |   |   |   |  |
| 20. WHEH I SC   | ee images o  | of tragic e   | events on th  | news—like hurricanes or   | famine—it  |
|   | fect me be   | _   |   | news—like hurricanes or nose people.  | famine—it  |
|   | _  | _   |   |   | famine—it  |
| doesn't af<br>1   | fect me be   | cause I d   | on't know<br>4  | ose people.   |  |
| doesn't af<br>1<br>21. I feel emb   | effect me beg<br>2<br>parrassed as<br>2  | cause I d<br>3<br>nd guilty<br>3                              | on't know<br>4<br>when I do<br>4  | nose people.  5 omething that hurts someo 5   |  |
| doesn't af<br>1<br>21. I feel emb<br>1<br>22. I think it's  | effect me be<br>2<br>parrassed a<br>2<br>s humorou   | cause I d<br>3<br>nd guilty<br>3<br>s when so                 | on't know<br>4<br>when I do<br>4<br>omeone do                                     | nose people.  5 omething that hurts someo  5 s something embarrassing.  |  |
| doesn't af<br>1<br>21. I feel emb<br>1<br>22. I think it's  | effect me be-<br>2<br>parrassed a:<br>2<br>s humorou<br>2  | cause I do<br>3<br>nd guilty<br>3<br>s when so<br>3           | on't know<br>4<br>when I do<br>4<br>omeone do<br>4                                | nose people.  5  comething that hurts someous  5  s something embarrassing.  5  | one else's feelings.   |
| doesn't af<br>1<br>21. I feel emb<br>1<br>22. I think it's  | effect me be-<br>2<br>parrassed a:<br>2<br>s humorou<br>2  | cause I do<br>3<br>nd guilty<br>3<br>s when so<br>3           | on't know<br>4<br>when I do<br>4<br>omeone do<br>4                                | nose people.  5 omething that hurts someo  5 s something embarrassing.  | one else's feelings.   |
| doesn't af  1  21. I feel emb  1  22. I think it's  1  23. It makes them.   | effect me bed<br>2<br>parrassed at<br>2<br>s humorou<br>2<br>me feel goo   | cause I do 3  nd guilty 3 s when so 3 od to do s              | on't know 4 when I do 4 omeone do 4 something                                     | nose people.  5  comething that hurts some of the something embarrassing.  5  6 help someone else, even in  | one else's feelings.   |
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| doesn't af  1  21. I feel emb  1  22. I think it's  1  23. It makes them.  1  24. It doesn't  | effect me bed 2 parrassed at 2 s humorou 2 me feel good 2 bother me  | cause I do 3  nd guilty 3 s when so 3 od to do so 3 e one way | on't know 4 when I do 4 omeone do 4 something                                     | nose people.  5  comething that hurts some of the something embarrassing.  5  6 help someone else, even in  | one else's feelings.<br>f I don't know                               |
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| doesn't af  1 21. I feel emb  1 22. I think it's  1 23. It makes them.  1 24. It doesn't bullied or  1 25. It makes them.                         | refect me bed 2 parrassed at 2 s humorou 2 me feel good 2 bother me made fun 2 me feel anx   | cause I do  | on't know 4 when I do 4 omeone do 4 something 4 v or the oth                      | nose people.  5 comething that hurts some of 5 c something embarrassing.  5 c help someone else, even in 5 c when I see someone I don   | one else's feelings.  f I don't know  n't know being                 |
| doesn't af  1 21. I feel emb  1 22. I think it's  1 23. It makes them.  1 24. It doesn't bullied or  1 25. It makes they might                    | refect me been 2 parrassed at 2 s humorou 2 me feel good 2 bother me 1 made fun 2 me feel answet get hurt.   | cause I do  | on't know 4 when I do 4 omeone do 4 something 4 or the oth 4 en I see som         | omething that hurts some of the someone else, even in the someone of the someone I don't see about to do something that hurts someone I don't see about to do something that hurts someone I don't see about to do something that hurts someone I don't see about to do something that hurts someone I don't see about to do something that hurts someone I don't see about to do something that hurts someone I don't see about to do something that hurts someone I don't see about to do something that hurts someone is | one else's feelings.  f I don't know  n't know being                 |
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