

Discussion

Discuss your ideas about the differences between empathy and sympathy with a partner. Did your partner agree with your thoughts?

ACTIVITY 2.30**Are you empathetic?**

Respond yes/no to the statements below to see how empathetic you already are. (Try to be as honest as you can.) Give an example to support the responses you have given 'yes' to.

	Statement	Yes	No	Example
1	I often think about other people's feelings.			
2	I listen to others talk about what they are experiencing.			
3	I try to understand other people's points of view.			
4	I'm aware that not everybody reacts to experiences the same way as I do.			
5	I don't make fun of other people as I can imagine how it feels to be in their shoes.			