

## Brene Brown Empathy Video

1. What is the main focus of the video?

- A) The history of empathy
- B) The difference between empathy and sympathy
- C) Why emotions are important
- D) How to study empathy

2. How does the video describe empathy and connection?

- A) Empathy creates disconnection
- B) Empathy does not matter
- C) Empathy fuels connection
- D) Empathy is a one-sided process - it is not connected or disconnected from connection

3. Which of the following is NOT a part of empathy?

- A) Perspective-taking
- B) Staying out of judgment
- C) Sympathy
- D) Recognizing emotion

4. According to the video, what is a good empathetic response?

- A) "At least its not all bad! Look at the silver lining of the bad situation!"
- B) "Oh that sucks, want a sandwich?"
- C) "Yeah your son is getting kicked out of school, but at least your daughter has straight As"
- D) "Hey, I know what it's like, you're not alone."

5. How does the speaker end the video?

- A) Usually you can point out the good parts and it makes things better
- B) What makes things better is connection
- C) Sympathy is better than empathy
- D) You should avoid hard conversations because its not worth it

6. What is something you learned from the video? (1 sentence)