

## 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)