**Empathy Worksheet**

The ability to experience and show empathy plays a major role in life. From expressing empathy at home, as a child, to making empathetic gestures at work, as an adult, it’s important to relate to people. Identifying how people feel in different situations and taking appropriate actions to help them feel better is an important skill necessary to become a great leader.

To focus on being more empathetic, compassionate, and supportive, you first need to be aware of others’ behaviors/feelings and listen well, sometimes “reading between the lines.” This skill can be learned and eventually come naturally, with practice.

To complete this worksheet, you'll need to reflect back on a recent situation you were involved in or witnessed.

**Location & Background**

While at (location): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, I saw\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Awareness & Observations**

As I observed this….

I recognized these behaviors and non-verbal actions:

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I heard these words and phrases:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Recognizing, Identifying, & Matching Emotions**

I sensed (intuition) that

I believe the person felt (emotions)

I felt something similar, in the past, when

Actions and words that helped feel better:

Words and actions given that were well meaning, but did not help me feel better:

When observing the incident above, I could have helped this person feel better by saying:

It might have made them feel better if I had (action):

If I see this person in the near future, I will tell them:

If I see this person in the near future, I will help them feel better by (action):

Resources I can offer to this person to help with this issue: