

# “EMPATHY IN ACTION” WORKSHEET

DATE:

EMPATHY MOMENT: RECALL A SITUATION NEEDING EMPATHY.  
WHAT WOULD YOU DO DIFFERENTLY?

---

---

LISTEN UP: RATE YOUR LISTENING SKILLS 1-10. HOW CAN YOU  
IMPROVE?

---

FIX OR FEEL: DO YOU OFFER SOLUTIONS OR TRY TO FEEL WITH  
THE PERSON? GIVE AN EXAMPLE.

---

---

THEIR SHOES: NAME A TIME YOU UNDERSTOOD SOMEONE'S  
FEELINGS. HOW DID IT FEEL?

---

---

ACTION PLAN: LIST THREE QUICK EMPATHY ACTIONS FOR THIS  
WEEK.

---