

Name: _____ Date: _____ Hour: _____

Empathy, Caring, Compassion Questions

1. Think about a time when a friend of yours needed emotional support. How did you know? Were you able to provide the support your friend needed? How did you providing (or being unable to provide) that support make you and your friend feel?

2. You have a ticket to your favorite group's concert, which is on the same evening as your grandmother's birthday party. What will you do, and why?

3. General Norman Schwarzkopf once said: you cannot help someone get up a hill without getting closer to the top yourself." What does this saying mean? Have you ever help another person "get up a hill"? How did that experience affect you?

4. Has your first impression of someone ever turned out to be wrong? Describe what happened to change your ideas about this person.

5. Imagine that overnight everyone in school became more compassionate. How would school be different?

6. Michael asks the teens in the video about the benefits of empathy. How can being an empathetic person benefit you?

7. Do volunteers give more or get back more by volunteering? Give an example of a volunteer's experience you had, and share what you gained from it.

8. What is a stereotype? How does stereotyping get in the way of people's relationships? Have you ever been stereotyped by another person? How did it make you feel?

9. What are the obstacles to being an empathic person? What can you do to overcome those obstacles?

10. How does understanding a person's motivation help you empathize with their behavior? Give specific examples.
