

Name _____ **Empathy**

The 3 Types of Empathy

Answer Key

1. Cognitive Empathy focuses on understanding another person's perspective or mental state. It might be particularly useful in situations requiring an analytical approach, like negotiations or complex group dynamics.
2. Emotional Empathy involves experiencing the same emotions another person feels, like feeling sadness when watching a tragic movie scene.
3. Compassionate Empathy bridges understanding and feeling, leading to a proactive response or action based on that understanding.
4. One might actively listen, suggest professional help, or offer their presence and support to the friend.
5. Emotional Empathy can be challenging because it involves deeply resonating with others' emotions, which can be draining or even debilitating if those emotions are intense or negative.