

Name \_\_\_\_\_ **Empathy**



## Practicing Empathy

### Answer Key

1. Active listening in the context of empathy goes beyond merely hearing words; it involves fully concentrating, understanding, responding, and remembering what the other person is saying.
2. When we judge, we create barriers between ourselves and others, preventing open dialogue and understanding.
3. Emotion in others can be recognized through facial expressions, body language, tone of voice, or other non-verbal cues.
4. One can demonstrate empathy through action by offering genuine support, like helping someone with tasks, connecting them with resources, or making gestures that show care.
5. Empathy is considered a skill that can be developed because, with intention and practice, individuals can improve their ability to understand and connect with others deeply.