

Name _____

Empathy and Emotional Intelligence: The Keys to a Better You

Multiple Choice Questions

1. What is empathy?
 - a) The ability to understand and share the feelings of others
 - b) The ability to ignore others' feelings
 - c) The ability to make decisions quickly
 - d) The ability to talk loudly

2. Why is empathy important?
 - a) It promotes kindness and cooperation
 - b) It encourages selfishness
 - c) It causes conflicts
 - d) It has no impact on relationships

3. How can you build empathy?
 - a) By not listening to others
 - b) By practicing active listening and trying to understand others' feelings
 - c) By always focusing on your own feelings
 - d) By avoiding conversations

4. What is emotional intelligence (EI)?
 - a) The ability to ignore your emotions
 - b) The ability to hide your emotions
 - c) The ability to recognize, understand, manage, and effectively use emotions
 - d) The ability to create conflicts

5. What is a benefit of having a high emotional intelligence (EI)?
 - a) Increased stress
 - b) Better decision-making and improved relationships
 - c) Ignoring others' emotions
 - d) No change in your personal life

