

Name \_\_\_\_\_

## Empathy: Understanding and Connecting with Others

### Multiple Choice Questions

1. What is empathy?
  - a) The ability to control other people's emotions.
  - b) The ability to understand and share the feelings of another person.
  - c) The ability to predict the future.
  - d) The ability to read people's thoughts.
  
2. What is the first step in empathizing with someone?
  - a) Offering advice.
  - b) Pretending to be someone else.
  - c) Ignoring their feelings.
  - d) Recognizing their emotions.
  
3. How can you practice perspective-taking?
  - a) By criticizing others.
  - b) By imagining what it's like to be in someone else's shoes.
  - c) By ignoring other people's problems.
  - d) By avoiding all emotional conversations.
  
4. Why is it essential not to judge someone for their feelings?
  - a) Because it's fun to judge people.
  - b) Because everyone experiences emotions differently, and it's important to be understanding.
  - c) Because judging others helps you make more friends.
  - d) Because it's none of your business.
  
5. What can you do to express your support when someone is upset?
  - a) Tell them to stop being so emotional.
  - b) Offer a listening ear and let them know you care.
  - c) Laugh at them.
  - d) Change the topic and avoid their feelings.

