Name _____

Empathy and Emotional Intelligence: The Keys to a Better You

Short Answer

1. How can active listening help build empathy?

2. Explain the concept of "putting yourself in someone else's shoes" as it relates to empathy.

3. What is self-awareness, and why is it important for developing emotional intelligence?

4. How can practicing random acts of kindness help improve empathy?

5. Share an example of a time when you used empathy to resolve a conflict or improve a relationship.

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