

Name _____

Empathy and Emotional Intelligence: The Keys to a Better You

Open-Ended Response Questions

1. Describe a situation where you found it challenging to empathize with someone's feelings. How did you overcome this challenge, and what did you learn from the experience?
2. Reflect on a time when you showed empathy by helping someone in need. How did your actions impact the person, and how did it make you feel?
3. Imagine a scenario where a friend is going through a tough time, and they turn to you for support. How would you use your empathy and emotional intelligence to help them?
4. Discuss the role of empathy in building better relationships with family, friends, and classmates. Provide examples of how empathy can strengthen these relationships.

