

Name _____

Empathy and Emotional Intelligence: The Keys to a Better You

Short Answer Key

1. Active listening helps build empathy by showing others that you are fully engaged in their conversation. It allows you to better understand their feelings and perspective, fostering a deeper connection.
2. "Putting yourself in someone else's shoes" means imagining how the other person is feeling and what they might be going through. It's a way to empathize with their emotions and understand their point of view.
3. Self-awareness is the ability to recognize and understand your own emotions. It's important for developing emotional intelligence because it serves as the foundation. Understanding your own emotions allows you to better manage them and relate to others' emotions effectively.
4. Practicing random acts of kindness can improve empathy by actively engaging in compassionate and helpful actions towards others. These actions increase your sensitivity to the feelings and needs of others, making empathy more natural.
5. (Personal response may vary) One time, I used empathy to resolve a conflict with my friend. She was upset about something, and instead of arguing, I listened to her feelings and tried to understand her perspective. I acknowledged her emotions and apologized for any part I played in the situation. It helped us work through the conflict and strengthen our friendship.

