

Name \_\_\_\_\_

## The Superpower of Empathy: Understanding Why It Matters

### Short Answer

1. Explain the difference between cognitive empathy and emotional empathy.
2. Provide an example of how empathy can be used to resolve a conflict.
3. How does practicing empathy contribute to reducing prejudice and stereotypes?
4. Share a personal experience where someone showed empathy towards you and how it made you feel.
5. Describe a situation where you actively practiced empathy and its impact on your relationship with someone else.

