

Name _____

The Superpower of Empathy: Understanding Why It Matters

Short Answer Key

1. Cognitive empathy involves understanding someone's feelings and perspective, while emotional empathy involves actually feeling the same emotions as the other person.
2. Answers will vary but could include a situation where two friends empathized with each other's feelings and found a compromise to their disagreement.
3. Practicing empathy allows individuals to understand and appreciate the experiences of others, leading to greater acceptance and reduced reliance on stereotypes.
4. Answers will vary. Students should describe a personal experience where someone showed empathy towards them and explain how it made them feel understood or supported.
5. Answers will vary. Students should describe a situation where they actively practiced empathy, explain their actions, and discuss how it improved their relationship with someone else.

