



LOOKING BACK:

Demonstrating Empathy

Use this form to look back on a conversation where you attempted to demonstrate empathy. Try to identify what you did well, where you could improve, and what you should do differently during future conversations.

What assumptions or preconceptions (if any) did you bring to the conversation that made it difficult to listen with empathy?

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In what way did your self-interests, opinions, judgments, or fears interfere with your ability to listen with empathy?

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How well did you recognize the emotions your conversation partner was feeling?

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How well did you perceive the spoken and unspoken needs your conversation partner had?

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What should you do differently in the future do be more effective at demonstrating empathy?

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