



**LOOKING AT:**

# Demonstrating Empathy



Use this form to identify and note your comments about all the interactions you have with other people when you have stereotypical responses and you use your imagination to have more empathic responses. Use the spaces below to record your stereotypical response, your revised empathic response, and what you learned about yourself and others by choosing to see others with empathy.

Stereotypical Response

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Empathic Response

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Stereotypical Response

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Empathic Response

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Stereotypical Response

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Empathic Response

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What I Learned

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