

Empathy Reflection

This activity is designed to help you reflect on a recent conversation where you practiced empathetic listening. By thinking through each step of the conversation—from what was shared to how you responded—you'll discover how listening with compassion can build stronger connections, create understanding, and spread kindness. Use this space to explore how your empathy made a difference, and how you can carry that forward in future conversations.

The Conversation

Give some background information about the conversation.

Identifying Emotions

Reflect on the emotions present in the conversation.

Active Listening Techniques

Check off the techniques you used in your conversation to show the speaker that you were listening to them.

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| <input type="radio"/> Asked Questions | <input type="radio"/> Paraphrased What They Said |
| <input type="radio"/> Avoided Interrupting | <input type="radio"/> Gave Nonverbal Cues (e.g., head nod) |
| <input type="radio"/> Avoided Distractions (e.g., phone usage) | <input type="radio"/> Avoided Judgment |

The Impact of Listening

Reflect on the outcomes of your empathetic listening.