

Social Awareness Addendum #1

By: Katie Feldhues

ANSWER KEY

Brené Brown's Empathy Video: <https://youtu.be/1Evwgu369Jw>**1. Four qualities of empathy include:**

1. (Perspective taking)
 - i. Definition: The ability to recognize another person's perspective as their truth.
2. (Staying out of judgement)
3. (Recognizing emotion in other people)
4. (Communicating that you recognize someone else's emotion)

2. Empathy is feeling (WITH) people.**3. In order to connect with you, I have to (CONNECT) with something (IN MYSELF) that knows that feeling.****4. Rarely does an empathetic response begin with "(AT LEAST)".****5. One of the things we do in the face of very difficult things, is we try to (MAKE THINGS BETTER).****6. The truth is a response rarely can make something (BETTER).****7. What makes something better is (CONNECTION).**

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3. In order to connect with you, I have to _____ with something _____ that knows that feeling.

4. Rarely does an empathetic response begin with "_____."

5. One of the things we do in the face of very difficult things, is we try to _____.

6. The truth is rarely can a response make something _____.

7. What makes something better is _____.