

EMPATHY SELF-ASSESSMENT

On a scale of 1 to 10, how do you rate the level of empathy that you regularly demonstrate in your role at the foundation? Please explain your rating.

1	2	3	4	5	6	7	8	9	10
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VERY LITTLE EMPATHY

HIGH LEVEL OF EMPATHY

4-D EMPATHY GAME PLAN

DETECT DISCOVER

DEACT DISCUSS

Which of these actions is most natural for you, and which is most challenging? Why?

Under what circumstances do you find it most challenging to be empathetic?
Why do you believe this is the case?

Under what circumstances do you find yourself most likely to be empathetic?
Why do you believe this is the case?

Describe a recent incident in which you **successfully displayed empathy**.

- What happened?
- What impact did your demonstration of empathy have on the other person?
- What was the overall outcome of this situation?

Describe a recent incident in which you did NOT display empathy.

- What happened?
- What impact did your lack of empathy have on the other person?
- What was the overall outcome of this situation?
- If you could do it over again, how would you respond?