**Empathy**

**(Video Clip Discussion Questions)**

1. When you are down, do you find more people show you sympathy or empathy?
2. Other than offering you a sandwich, are other ways people show sympathy?
3. In what ways do we try to show understanding to a person who is upset but end up devaluing the person’s feelings (making them feel bad about having their feelings by making them feel their problem isn’t important)?
4. Do you think the person who is upset appreciates your efforts when this happens?
5. How does it come across to you when you are upset and someone else describes what happened to them?
6. How does it come across to you when you express a situation that made you upset, and the other person tells a bigger story that makes your situation look small?
7. If you put in a disclaimer (for example “I can understand your pain because…” or “I’m not comparing our situations because they are different.”), do you think it would be more acceptable to share your experience with the person who is upset?
8. What do you think is the most important thing to do when someone shares the experiences they’ve had that have caused them pain?