

# **Conflict Resolution for Teens Worksheet**

## **Empathy Building Practice**



Name: \_\_\_\_\_

Empathy is the magic ingredient that turns sympathy into meaningful action, making the world a kinder place. Understand the following questions and answer with your own thoughts.

1. Think about when a friend was sad. What do you think they felt, and why?

Answer: \_\_\_\_\_  
\_\_\_\_\_

2. Remember a time when you felt like no one got you. How did it make you feel?

Answer: \_\_\_\_\_  
\_\_\_\_\_

3. Think about when you helped someone. How did it make you feel?

Answer: \_\_\_\_\_  
\_\_\_\_\_

4. Imagine you're in someone else's shoes. How would you feel if you were facing what they are?

Answer: \_\_\_\_\_  
\_\_\_\_\_

5. Imagine a friend is excited. How can you be happy for them?

Answer: \_\_\_\_\_  
\_\_\_\_\_

6. Picture a friend who is proud. How can you show you're happy for them?

Answer: \_\_\_\_\_  
\_\_\_\_\_

7. Think about a fight at home. How did everyone feel, and what helped make things better?

Answer: \_\_\_\_\_  
\_\_\_\_\_

8. Think about a friend who's not doing well in class. How do you think they feel, and how can you help them feel better?

Answer: \_\_\_\_\_  
\_\_\_\_\_

9. Remember when you made a mistake. How did it feel, and how did you make it right?

Answer: \_\_\_\_\_  
\_\_\_\_\_

10. Picture a friend who's nervous. How can you help them feel better?

Answer: \_\_\_\_\_  
\_\_\_\_\_

11. Think about your pet. How does their happiness make you feel?

Answer: \_\_\_\_\_  
\_\_\_\_\_

12. Picture a big problem in the world. How can you understand and help?

Answer: \_\_\_\_\_  
\_\_\_\_\_