

# EMPATHY RESPONSE SCENARIOS

Student Worksheet



Lessons in Mental Health

## Empathetic Behaviors vs. Lack of Empathy or Sympathy

Instructions: Read each scenario carefully and determine whether the response demonstrates empathetic behavior, a lack of empathy, or just sympathy. Write down your choice next to each scenario. For the last two questions, create your own empathetic responses to the scenarios.

1. **Scenario:** Your friend is visibly upset after failing a major test.

**Response:** "Oh, that's too bad; I have no idea how I did so well on the test. I am sure you will do better next time."

**Choice:** Empathy, Lack of Empathy or Sympathy: \_\_\_\_\_

2. **Scenario:** Your classmate lost their pet dog over the weekend.

**Response:** You sit with them during lunch and say, "I remember how hard it was when my pet passed away. It's tough, and you need to give yourself time to grieve and know you're not alone."

**Choice:** Empathy, Lack of Empathy or Sympathy: \_\_\_\_\_

3. **Scenario:** Your sibling is upset about an argument with a close friend.

**Response:** "Why are you always making such a big deal out of things? Just forget about it."

**Choice:** Empathy, Lack of Empathy or Sympathy: \_\_\_\_\_

4. **Scenario:** Your teammate is feeling anxious before a big sports match.

**Response:** "I totally get it. I remember feeling nervous before our last game too. You've got this!"

**Choice:** Empathy, Lack of Empathy or Sympathy: \_\_\_\_\_

5. **Scenario:** Your classmate is visibly sad after the teacher criticizes their artwork.

**Response:** "Oh well, don't take it so seriously. It's just art."

**Choice:** Empathy, Lack of Empathy or Sympathy:\_\_\_\_\_

**6. Scenario:** Your friend is going through a tough time due to family issues.

**Response:** "I'm really sorry to hear that. I'm here for you if you ever want to talk or need anything."

**Choice:** Empathy, Lack of Empathy or Sympathy:\_\_\_\_\_

**7. Scenario:** Your sibling is upset about not getting invited to a party.

**Response:** "You're overreacting. It's not a big deal."

**Choice:** Empathy, Lack of Empathy or Sympathy:\_\_\_\_\_

**8. Scenario:** Your classmate is stressed out about an upcoming presentation.

**Response:** "I know how nerve-wracking it can be. You are not alone in feeling nervous and I understand. If you need any help practicing, just let me know!"

**Choice:** Empathy, Lack of Empathy or Sympathy:\_\_\_\_\_

**9. Scenario:** Your friend is sharing their excitement about getting accepted into a college.

**Response:** "That's nice. I wish something like that would happen to me."

**Choice:** Empathy, Lack of Empathy or Sympathy:\_\_\_\_\_

**10. Scenario:** Your friend is struggling with a heavy workload and upcoming exams.

**Response:** "I understand how stressful it can get during exam season. Let's find a way to study together and support each other."

**Choice:** Empathy, Lack of Empathy or Sympathy:\_\_\_\_\_

**11. Scenario:** Your cousin is upset about not making it to the school basketball team.

**Response:** "Oh, that's too bad; I made our team. Maybe it's just harder at your school. Well, there's always next year. Don't let it bother you."

**Choice:** Empathy, Lack of Empathy or Sympathy:\_\_\_\_\_

**12. Scenario:** Your friend is nervous about giving a speech in front of the class.

**Response:** "Why are you so scared? Just get it over with."

**Choice:** Empathy, Lack of Empathy or Sympathy:\_\_\_\_\_

**13. Scenario:** Your teammate is struggling with a difficult sports move during practice.

**Response:** "Come on, it's not that hard. Just try again."

**Choice:** Empathy, Lack of Empathy or Sympathy:\_\_\_\_\_

**14. Scenario:** Your friend is feeling overwhelmed with schoolwork and extracurricular activities.

**Response:** "I know how it feels to have so much to do. Hang in there, and if you need help, just ask."

**Choice:** Empathy, Lack of Empathy or Sympathy:\_\_\_\_\_

**15. Scenario:** Your close friend just went through a difficult breakup with their boyfriend. They're feeling heartbroken and lost.

**Response:** "Oh, that's too bad that happened to you. I'm sure you'll be over it pretty soon."

**Choice:** Empathy, Lack of Empathy or Sympathy:\_\_\_\_\_

**Create your own empathetic response for the following scenarios:**

**16. Scenario:** Your mutual friend has recently ended their friendship with your close friend. Your close friend is feeling really hurt and confused by the sudden loss of their friendship.

**Response:**

**17. Scenario:** Your friend tried out for the school soccer team but didn't make it. They're feeling disappointed and frustrated about not being selected.

**Response:**