



Reviewing your Empathy notebook, notes, readings, videos, or other materials, reflect upon your empathy journey. You might want to answer such questions as: How far do you think you have come in being able to be **consistently** empathetic with others? What might stop you from being more consistently empathetic? Is it an aspect of yourself, cultural expectations, and/or social attitudes? Who in your life encouraged or encourages you to be empathetic? How might you encourage others to be empathetic? What opportunities for empathy present themselves in your encounters with strangers, acquaintances, or people with whom you have instrumental relationships? Is there any person with whom you interact regularly who elicits unusually strong negative emotions in you? What would be an appropriate and empathetic way to relate to this person? In what ways do you and can you consistently nurture your empathy? What is a practice that you find relaxing and that centers you in the present moment? How could you fit this practice into your routine more consistently? What can you do to sustain your empathetic ways? What is the most amazing thing you learned about yourself and your capacity for empathy?