



Lesson 13

FEELING EMPATHY AND EXPRESSING COMPASSION

Worksheet

1. Empathy and compassion are each embedded in the ability to
r_____, u_____,
a_____, be s_____, and
a_____ another's situation.
2. Empathy and compassion are closely c_____.
3. Compassion includes the spontaneous desire to h_____.
4. Compassion can be expressed as both compassion for o_____
and s_____.
5. Self-compassion is linked to more h_____, h_____,
o_____ and elevated m_____.