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Bridge4Mothers

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PSL Programme — Personal, Social and Learning-to-Learn Competences

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D. Downloadable Worksheet

Empathy & Communication Reflection Worksheet

Reflection Questions

1. What does empathy mean to you?
2. How do you show understanding and respect to others?
3. What communication behaviours help people feel heard and supported?
4. What challenges can affect communication?
5. How can empathy improve relationships and collaboration?

Practical Reflection

Think about a situation where:

- someone listened to you respectfully,
- or where communication felt difficult.

Reflect on:

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- how the interaction made you feel,
- what communication approaches were helpful,
- and what could improve understanding.

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