

## Empathy Bingo Exercise

*This exercise was contributed by Sherri Sorro.*

Copy the handout or put on newsprint 12 squares with the following words written in the boxes: advising, one-upping, educating, consoling, story-telling, shutting-down, sympathizing, interrogating, explaining, correcting, fixing it, and empathizing. Hand out the handouts [if you are using them] to all participants. Have a co-facilitator read each one of the “A’s” below and you respond with the “B.” Ask the group to name the type of response you gave.

### **Fix it**

1. A I’m worried about having enough money to pay my bills this month.  
B I’ll loan you the money.

### **One-upping**

2. A Look at my scar from the cycling accident.  
B That’s nothing, you should see the one I have on my knee

### **Story telling**

3. A I got caught in traffic for 2 hours in 100 weather and no air conditioning.  
B That reminds me of the time.....

### **Consoling**

4. A I feel so sad that my son was court ordered to a rehab center.  
B It’s not your fault, you are a good parent. You did the best you could.

### **Sympathizing**

5. A I just got the lab report back and it was what I most feared.  
B Oh you poor thing.

### **Empathy**

6. A I have so much to do today.  
B Are you feeling overwhelmed and wanting support?

### **Advising**

7. A It’s scary for me to get up and speak in front of people.  
B I think you should join Toast Masters.

### **Interrogating**

8. A I’ve been trying to get this weight off and just feel frustrated.  
B When did you first start having this problem?

### **Shutting down**

9. A I lost my job.  
B Cheer up, let’s go eat.

### **Explaining**

10. A I’m really upset. You promised to be here at 11 and it is now after midnight.  
B The reason I’m late is because .....

### **Correcting**

11. A I’m hurt over what you said to mom last night  
B That’s not what I said.....

### **Educating**

12. A My boyfriend left for college 3,000 miles away.  
B This is an opportunity for you to learn .....

## Empathy Bingo Handout

<b>ADVISING</b>	<b>ONE-UPPING</b>	<b>EDUCATING</b>
<b>CONSOLING</b>	<b>STORY-TELLING</b>	<b>SHUTTING-DOWN</b>
<b>SYMPATHIZING</b>	<b>INTERROGATING</b>	<b>EXPLAINING</b>
<b>CORRECTING</b>	<b>FIXING IT</b>	<b>EMPATHIZING</b>