

Can You See How Others Feel?

“All humanity must be looked upon with love, kindness and respect; for what we behold in them are none other than the signs and traces of God Himself.” —Abdu’l-Bahá

Have you ever been sad because your team lost a big game? Or you didn’t get the part you wanted in the school play? It can help a lot if a friend shows **empathy**—the ability to see things from another person’s point of view and understand their feelings.

People who practice empathy tend to be happier and more generous. Empathy helps us build stronger relationships. It can also improve communication by

making us better listeners and helping us explain our feelings clearly.

We’re all born with the capacity for empathy, but it’s important to practice putting it into action. You could help someone who’s carrying heavy boxes or bags. Or encourage a sibling who’s frustrated with a tough homework assignment. When you reach out to someone who needs a hand, you might just make their day—and yours.

Do you show empathy in your words *and* deeds?
Circle your answers, then add up your points.



1. When I see someone struggling to do something, I offer to help.
Often = 3 • Sometimes = 2 • Rarely = 1
2. When my friends seem sad, I ask them if they’re okay.
Often = 3 • Sometimes = 2 • Rarely = 1
3. When I’m doing an activity with my friends, I check to see if they’re having fun, too.
Often = 3 • Sometimes = 2 • Rarely = 1
4. It bothers me to see someone being bullied or disrespected.
Often = 3 • Sometimes = 2 • Rarely = 1
5. I listen to other people’s ideas, even if I don’t agree with them.
Often = 3 • Sometimes = 2 • Rarely = 1
6. If a friend is angry, I listen and try to help them calm down.
Often = 3 • Sometimes = 2 • Rarely = 1
7. I read about people from different backgrounds to learn what their lives are like.
Often = 3 • Sometimes = 2 • Rarely = 1
8. I feel concerned about and want to help people in need.
Often = 3 • Sometimes = 2 • Rarely = 1
9. If I accidentally hurt a friend’s feelings, I apologize.
Often = 3 • Sometimes = 2 • Rarely = 1
10. When I have a problem with a sibling or friend, I try to see things from their point of view.
Often = 3 • Sometimes = 2 • Rarely = 1
11. If someone has been left out of a group or activity, I invite them to join.
Often = 3 • Sometimes = 2 • Rarely = 1
12. I celebrate with my friends when they succeed.
Often = 3 • Sometimes = 2 • Rarely = 1



My Score

36–28 points: You’ve got a knack for sensing other people’s emotions and seeing their perspective. Keep it up.

27–20 points: You’re learning to put yourself in another’s place. Choose a tip above to build more empathy.

19–12 points: You can practice and improve your skills at showing empathy. Try some tips from the quiz.