



MODULE 3 – WORKSHEET 7

Obstacles in expressing empathy

These cards support the students to acknowledge either individually or as part of a group, depending on the teacher's option, the ways through which you can avoid emotional blockage.

1- The Problem-solver:

The solution to a problem must come from the one directly involved and not from another person.

(e.g., I will fix this.)

2- Unsolicited Advice:

It's important to show support, but we should not offer unsolicited advice.

3- Downplaying Emotions

Responses such as "It's not a big deal. You shouldn't feel like that." relay the idea that the person is inadequate simply based on what they feel.

4- Sarcasm

An attitude or a sarcastic remark such as the example "You always make such a big deal out of everything. Yeah, right, you act like it's the end of the world..." can make a person feel misunderstood or even humiliated.

