

Empathy Bingo

Worksheet

Empathy Bingo can be played in group therapy contexts, or by an individual on their own. Designed to help players differentiate between empathy and other responses, this handout has two parts:

- **Part A** is a bingo grid that lists different types of responses that are common during interactions. Cross out each square as you recognize a certain type of response from Part B. If you are working in a group setting, you may want to copy the sheet so that each group member has their own bingo grid.
- **Part B** is a set of snippets from different example dialogues – therapists can read these out to a group, or individuals can cover the left-hand column and read through them without seeing the answers. Each snippet corresponds to a different square on the grid – that is, a dialogue may exemplify “Correcting”, “Educating”, and so forth.

This exercise can help you or a group learn about the different ways we can respond to a friend in need of empathy, and why empathy is usually the best choice.

Part A:

Interrogating	One-Upping	Advising	Correcting
Consoling	Shutting Down	Educating	Sympathizing
Explaining	Fixing It	Empathizing	Storytelling

Part B:

Fixing It	<p>A: I'm anxious about getting to the airport on time.</p> <p>B: I'll drive you.</p>
One-Upping	<p>A: Check out this bruise from my fall down the stairs.</p> <p>B: That's tiny, look at what I got when I was hit by a bike.</p>
Storytelling	<p>A: I couldn't get a taxi for hours last night and had to walk home at 5 am.</p> <p>B: That sounds like the time when...</p>
Consoling	<p>A: I feel terrible that my student failed his exam.</p> <p>B: You're not to blame, you're a brilliant tutor.</p>
Sympathizing	<p>A: The dentist told me I need to have very painful root canal surgery.</p> <p>B: Oh man, that's terrible.</p>
Interrogating	<p>A: I can't get my mom to listen to my point of view.</p> <p>B: What's the problem, exactly?</p>
Shutting Down	<p>A: My boss has cut my pay.</p> <p>B: Buck up, let's play some pool.</p>
Educating	<p>A: I don't know anybody at my new college.</p> <p>B: See it as a chance to develop your social skills.</p>
Explaining	<p>A: I'm annoyed because you left the kids waiting an hour after school.</p> <p>B: That's only because the traffic was terrible...</p>
Advising	<p>A: I can't understand where all my money goes after I get paid.</p> <p>B: I reckon you should create a budget.</p>
Correcting	<p>A: I think your essay about the greenhouse could be improved.</p> <p>B: It was about a glasshouse, not a greenhouse.</p>
Empathizing	<p>A: My whole house is flooded and everything in it is soaked.</p> <p>B: Do you feel stressed out and in need of some support?</p>