

# 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:**

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