

Simple Definition of *empathy*:

the feeling that you understand and share another person's experiences and emotions : the ability to share someone else's feelings

<http://www.merriam-webster.com/dictionary/empathy>





<https://www.youtube.com/watch?v=1AbT1IT7Bu8>

1. Choose one of the people above and write a personal profile (as though you are that person). Imagine a stranger sees you at the coffee shop in the midst of a particularly difficult day. Maybe you've just cut in front of them in line without realizing or taken their parking spot, and they're thinking of telling you off. What should they know about you before rushing to judgment (before assuming that you're simply a jerk)? In your profile, include things like:
 - a. The challenges of your job or other daily activities.
 - b. Your background (be creative, but try to include things that would fit the person you've chosen).
 - c. A job- or life-related stress that you could be experiencing on this particular day.