

- It was nice to read through these and relate to similar stories.
- It was beneficial to recognize initial anger, but then understand what it's like from their perspective, and be less angry.

We learned a lot about what others saw empathy as. We thought it was interesting to see the point-of-view that our peers approached "others" situations. Also talked about how empathy + sympathy are different and how empathy is more difficult.

- Homeless person asked for money
- He probably thinks he's hopeless
- I think that's a losing attitude.
- But he could use some help. AND someone to be honest with him.

- Awakening
- Comparison
- Mindfulness
- Taking a step back
- Introspection
- Awareness
- Tunnel vision

- Patience
- Compassion
- Introspection
- Eye opening experience

We thought this was beneficial. It helps show us that even though we think of ourselves as kind people, everyone has moments where they lash out in anger. When we start focusing on only our own needs, or think of others as in our way, it is important to step back and have empathy.

- 1) Everyone has their own stuff going on – we should be mindful of this in our interactions.
- 2) I judge more than I think I do, but believe this part of human nature.

I learned how to curb my anger & channel it to understanding & awareness (if only everyone had to do this).

Introspection is always helpful for me, and my classmates gave me a lot of insight into how others might see things, and how my perceptions might be wrong.

I learned that I am not alone in lots of situations that I may have previously felt isolated in.