

Place yourself in each situation below and imagine the various feelings you would have. Then, rate the strength of those feelings.

1. Your local news station features a headline about hunger accompanied by a photo of children in your community who are malnourished.
No feelings Very mild Mild Moderate Strong Very strong
2. A friend tells you about abuse they are experiencing from their partner. They say you're the only person they can talk to about the situation and ask you not to tell anyone.
No feelings Very mild Mild Moderate Strong Very strong
3. A supervisor tells a joke and looks around the room to see reactions. You find the joke mildly offensive but see that everyone else is smiling.
No feelings Very mild Mild Moderate Strong Very strong
4. You are a health care worker, and you have just been asked to take a message from a family member to a patient who is dying of COVID-19.
No feelings Very mild Mild Moderate Strong Very strong
5. A client you've just met yells at you and calls you incompetent. Success in your job depends on client satisfaction.
No feelings Very mild Mild Moderate Strong Very strong
6. Your name is mispronounced by a co-worker, and when you offer to help them learn it, they shrug and say it's too hard.
No feelings Very mild Mild Moderate Strong Very strong
7. A senior co-worker sends you an email explaining in detail how to do something you've already demonstrated that you know how to do.
No feelings Very mild Mild Moderate Strong Very strong
8. You take a seven year old grocery shopping and they beg for toys, candy, and games during the entire time.
No feelings Very mild Mild Moderate Strong Very strong
9. In a meeting, someone turns to you and asks you to give the viewpoint of people with your racial identity.
No feelings Very mild Mild Moderate Strong Very strong
10. A close family member calls you for the third time in a week to complain about their back pain.
No feelings Very mild Mild Moderate Strong Very strong