

## Your Empathy Canvas in a brief

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### Q1. How did I connect emotionally with each family member?

**SubQuestions:**

**Guideline for sharing your responses:**

1. Empathy: Reflect on moments when you genuinely felt the emotions of a family member, as if you were in their shoes. How did this create a deeper connection?
2. Understanding: Think about the insights you gained by seeing things from their point of view. How did these insights help you relate more closely to their lives?
3. Family Dreams: Consider how witnessing their dreams—big or small—helped you connect with their hopes and ambitions. What did these dreams mean to you?

**Your Responses:**

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## **Q2. What responsibilities did I see my family carrying?**

1. Responsibility: Notice the duties each family member took on and the weight they carried. How did observing their responsibilities help you see their dedication?
2. Compassion: Reflect on moments when you felt genuine care and sympathy for the hardships they endured. How did these feelings deepen your connection?
3. Sacrifice: Consider the things family members gave up for the good of others. What did these sacrifices reveal to you about their character?

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## **Q3. Socio-economic conditions that impacted my family?**

1. Socio-economic Impact: Think about how living in specific economic conditions affected your family's opportunities and struggles. How did this broaden your understanding of their daily lives?
2. Poverty: Reflect on how seeing the effects of limited resources shaped your perspective on their resilience. How did this impact your empathy for their situation?
3. Community Challenges: Consider the obstacles posed by the neighborhood or community's condition. How did these surroundings influence your sense of compassion?

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#### **Q4. What thoughts and feelings family share?**

1. Expressions of Life and Hopes: What do they say about their struggles, achievements, and future dreams?
2. Family & Aspirations: How do they talk about family responsibilities, goals, and frustrations?
3. Dreams & Challenges: Remember moments when they spoke about their dreams, challenges, or hopes for themselves or their children.

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#### **Q5. How did my family respond to our challenges?**

1. Resilience: Reflect on the strength and perseverance they showed in difficult times. How did witnessing this resilience inspire you or change your view of them?
2. Sacrifice: Think about the personal sacrifices family members made, whether large or small. How did recognizing these sacrifices deepen your respect?
3. Endurance: Notice the energy and determination they showed, even when things were hard. How did this inspire your empathy for their persistence?

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## **Q6. What external pressures did my family face?**

1. External Pressures: Reflect on any expectations or limitations society placed on them. How did understanding these pressures help you empathize with their decisions?
2. Discrimination: Think about any barriers they faced because of who they were. How did witnessing this increase your understanding of their struggles?
3. Social Barriers: Consider societal or systemic challenges that impacted their opportunities. How did recognizing these barriers strengthen your sense of solidarity?

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## **Q7. What emotions did I witness during key family moments?**

1. Family Milestones: Reflect on significant family events, whether joyful or challenging. How did experiencing these milestones deepen your connection?
2. Emotion: Consider the specific emotions you witnessed during these moments—whether joy, sadness, pride, or relief. How did sharing these feelings impact you?
3. Respect: Think about how witnessing these important moments increased your admiration for each person's unique journey. How did this shared experience help you value them more?

## PAINS

1. Hardships: Think about the difficult situations or limitations your family faced. Reflect on how these struggles stirred a compassionate response within you.
2. Compassion: Consider the feelings of empathy or sadness you felt as you watched your family cope with adversity. How did these moments bring out a desire in you to support them?
3. Inspiration to Help: Recall the moments when you wanted to ease their burden or take action on their behalf. What did this desire to help reveal about your values?
4. Learning Through Support: Reflect on the insights you gained by observing their struggles and your wish to help. What did this teach you about the impact of compassion and empathy?

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## GAINS

1. Happiness: Think about moments of shared joy or success that your family experienced. How did sharing in their happiness help you feel closer to them?
2. Connection: Reflect on how celebrating these positive moments strengthened your bond with each family member. How did it foster a sense of unity?
3. Sense of Purpose: Consider the fulfilment you felt in supporting or simply being present for their joy. How did this reinforce your role in their lives and your sense of belonging?
4. Comfort: Think about the comfort you provided or received during these moments of happiness. How did this exchange of support help you realize the importance of being there for each other?

No response added!

## Empathy canvas screenshort

### Empathy Canvas

1. How did I connect emotionally with each family member?

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2. What responsibilities did I see my family carrying?

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3. Socio-economic conditions that impacted my family?

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4. What thoughts and feelings family share?

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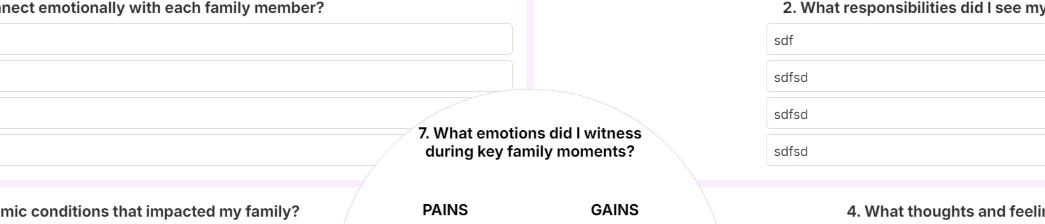
5. How did my family respond to our challenges?

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6. What external pressures did my family face?

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7. What emotions did I witness during key family moments?



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