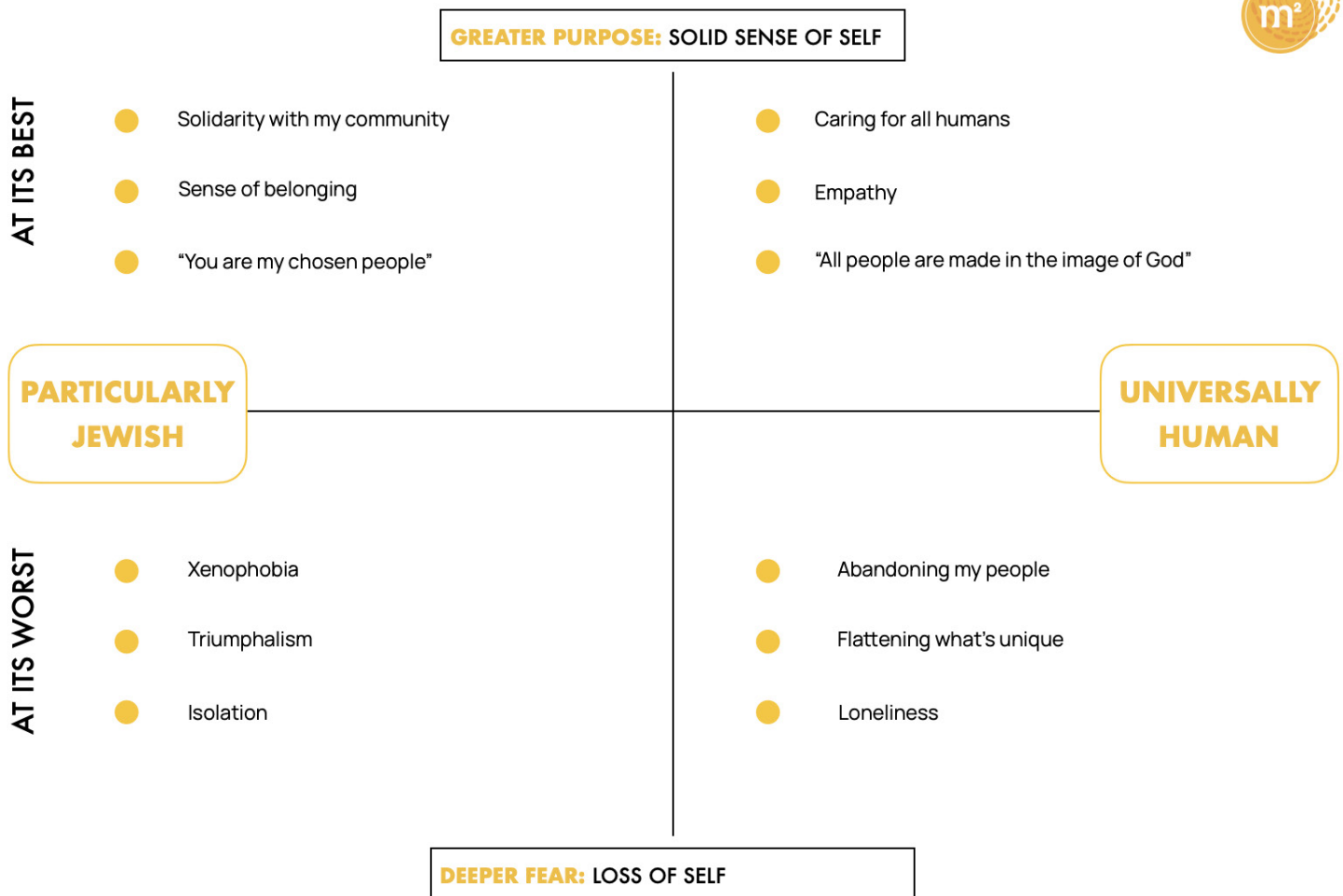


Empathy is not Exclusive: Enabling Ambassadors

Worksheet

How can we care about the Israeli captives while also displaying compassion towards innocent Palestinians in Gaza? Is caring about one at the expense of the other?



The Polarity Map

Chart yourself on the four quadrants above, using your different colored markers:

- In the initial aftermath of October 7th, which quadrant did you find yourself in? *Mark it by writing "Oct 7" in red marker.*
- Which other quadrants have you experienced since the onset of the war? *Mark them with your blue marker, by writing the date or noting the event when you experienced it.*
- Consider, what caused the shift between the different quadrants?
- What warning signs did you notice which indicated a dip towards a bottom quadrant? *Write them with your green marker.*
- What action steps did you take to return to, or remain in, a top quadrant? *Mark them with your orange marker.*