



Training packages for health professionals to improve access and quality of health services for migrants and ethnic minorities, including the Roma  
MEM-TP

## ***Training Unit: Intrapersonal skill development***

### ***Activity 3: “Empathising with the patient”***

*Prepared by:  
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Migrants & Ethnic Minorities  
Training Packages



Escuela Andaluza de Salud Pública  
CONSEJERÍA DE IGUALDAD, SALUD Y POLÍTICAS SOCIALES



SERVIZIO SANITARIO REGIONALE  
EMILIA-ROMAGNA  
Azienda Unità Sanitaria Locale di Reggio Emilia



JAGIELLONIAN UNIVERSITY  
MEDICAL COLLEGE

UNIVERSITY OF  
COPENHAGEN



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**Training Unit: Intrapersonal skill development**  
**Activity 3: “Empathising with the patient”**

Work in small groups: Describe a difficult situation experienced by a patient from a migrant or ethnic minority background. Fill in the template to help you analyse the situation.

Description of the situation:

How would you feel in the patient’s situation?

Imagine the patient feelings and thoughts

**Some feelings and emotions (by alphabetical order)**

Abandonment	Admiration	Affection
Aggressiveness	Anger	Anguish
Annoyance	Anxiety	Apathy
Arrogance	Bitterness	Boredom
Calmness	Caution	Charmed
Concern	Confidence	Confusion
Curiosity	Decisiveness	Delight
Depression	Despair	Detachment
Determination	Disappointment	Discouragement
Disenchantment	Disgust	Displeasure
Distrust	Downheartedness	Dread
Elation	Embarrassment	Emotional fatigue
Emotional relaxation	Emotional tension	Emptiness
Energy	Enthusiasm	Envy
Esteem	Euphoria	Excitement
Exhaustion	Fascination	Fear
Feeling betrayed	Feeling capable	Feeling dominated
Feeling fortunate	Feeling hurt	Self-control
Fright	Frustration	Fullness
Fury	Grief	Guilt
Happiness	Happiness	Hate
Helplessness	Hope	Hostility
Humiliation	Impatience	Inconvenience
Indecision	Insecurity	Inspiration
Instability	Interest	Irritation
Jealousy	Joy	Love
Motivation	Nostalgia	Optimism
Pain	Panic	Passion
Patience	Peace	Perplexity
Pessimism	Pity	Placidity
Pressure	Pride	Rage
Rebelliousness	Regret	Rejection
Relief	Responsibility	Restlessness
Revenge	Sadness	Satisfaction
Security	Shame	Shyness
Slothfulness	Solitude	Sorrow
Surprise	Tearfulness	Temptation
Threatened	Timidity	Uneasiness
Unhappiness	Unrest	Vanity
Vitality	Warmth	Weakness
Weariness		