

Are You Empathic?

Empathy is an important skill in healthy social functioning. This assessment measures whether you can understand what other people are feeling and why. Read each statement and rate them from 1 to 5, where:

5 = Strongly Agree

4 = Slightly Agree

3 = Neutral / No Opinion

2 = Slightly Disagree

1 = Strongly Disagree

- It's easy for me to see if someone wants to enter a conversation with me.
- I keep up with the current trends and fashion.
- I can easily explain things I understand when others don't understand.
- I enjoy taking care of others.
- I can effectively problem-solve with others.
- I know what to do and say in social situations.
- I'm on time for meetings and appointments and call or text if I'm going to be late.
- I easily maintain friendships and other relationships.
- I never break a law, no matter how minor.
- I can judge if someone is rude or polite.
- In conversations, I tend to focus on what listeners might be thinking.
- I can pick up quickly if someone says one thing but means another.
- I understand why some topics upset people so much.
- It's easy to put myself in someone else's shoes.
- Good manners are the most important thing a parent can teach their child.
- I can predict how others will feel.
- I quickly spot when someone in a group is feeling awkward or uncomfortable.
- If I say something that offends someone, I apologize.
- I am mindful about saying things that will hurt others' feelings.
- I can usually understand why someone felt offended by a remark.
- I'm comfortable being the center of attention at social gatherings.
- Seeing people cry upsets me.
- I enjoy having discussions about politics.
- I don't find social situations confusing.
- Others tell me I'm good at understanding how they are feeling and what they are thinking.
- When I talk to others, I tend to talk about their experiences rather than my own.
- It upsets me to see an animal in pain.
- I consider others' feelings when I make decisions.
- I can easily tell if someone is interested or bored with what I'm saying.
- I get upset if I see people suffering in the news or on social media.
- Friends talk to me about their problems because I'm very understanding.

- ___ I can sense if I'm intruding, even if the other person doesn't tell me.
- ___ I know when to stop if I'm joking or teasing someone and I've gone too far.
- ___ Others have told me I'm sensitive.
- ___ If I see a stranger in a group, I make an effort to include them.
- ___ I get emotionally involved when watching films or reading books.
- ___ I rapidly tune into how others feel.
- ___ I can easily tell what another person might want to talk about.
- ___ I can tell if someone is hiding their true emotions.
- ___ Before making decisions, I weigh the pros and cons.
- ___ I understand the rules of social situations.
- ___ I'm good at predicting what someone will do.
- ___ I tend to get emotionally involved with a friend's problems.
- ___ I appreciate others' viewpoints, even if I don't agree with them.
- ___ Other peoples' misfortunes upset me.
- ___ It upsets me when others are mistreated or disrespected.
- ___ I enjoy making others feel better.
- ___ I have tender, concerned feelings for people less fortunate than me.
- ___ I'm "in tune" with other peoples' moods.
- ___ When someone close to me talks about their problems, I listen closely.
- ___ I can tell how others are feeling even when they don't say anything to me.
- ___ I'm interested in other peoples' feelings.
- ___ I want to help when another person is upset.
- ___ When I see someone being harmed, I feel protective toward them.
- ___ I can easily read others' body language.

___ **Total Points**

If you scored:

220-275 points – You are probably highly empathic. You are aware of your own feelings and can also understand others' emotions, motivations, and feelings on a deep level. You may be naturally giving, reliable, open, and a good listener. You probably have strong relationships and experience no social difficulties.

160-219 points – You are usually empathic, and you have good intuition. You may have difficulty setting boundaries, and you may experience occasional social challenges.

Less than 159 points – You may need to develop empathy. There are steps you can take to increase your self-awareness, strengthen your relationships, move beyond your own points of view, and understand others' feelings.

Adapted from Baron-Cohen, S. and Wheelwright, S. (2004). The Empathy Quotient: An Investigation of Adults with Asperger Syndrome or High Functioning Autism, and Normal Sex Differences. Journal of Autism and Developmental Disorders, Vol. 34 (2), 163-175