

Are You an Empath?



To find out if you're an empath, take the following 20-question self-assessment, answering "mostly yes: or "mostly no" to each question.

Empath Self-Assessment

Y	N	
<input type="checkbox"/>	<input type="checkbox"/>	1. Have I've been labeled as "overly sensitive," shy, or introverted?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do I frequently get overwhelmed or anxious?
<input type="checkbox"/>	<input type="checkbox"/>	3. Do arguments or yelling make me ill?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do I often feel like I don't fit in?
<input type="checkbox"/>	<input type="checkbox"/>	5. Am I drained by crowds and need alone time to revive myself?
<input type="checkbox"/>	<input type="checkbox"/>	6. Am I over stimulated by noise, odors, or non-stop talkers?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do I have chemical sensitivities or can't tolerate scratchy clothes?
<input type="checkbox"/>	<input type="checkbox"/>	8. Do I prefer taking my own car places so I can leave early if I need to?
<input type="checkbox"/>	<input type="checkbox"/>	9. Do I overeat to cope with stress?
<input type="checkbox"/>	<input type="checkbox"/>	10. Am I afraid of becoming suffocated by intimate relationships?
<input type="checkbox"/>	<input type="checkbox"/>	11. Do I startle easily?
<input type="checkbox"/>	<input type="checkbox"/>	12. Do I react strongly to caffeine or medications?
<input type="checkbox"/>	<input type="checkbox"/>	13. Do I have a low pain threshold?
<input type="checkbox"/>	<input type="checkbox"/>	14. Do I tend to socially isolate?
<input type="checkbox"/>	<input type="checkbox"/>	15. Do I absorb other people's stress, emotions, or symptoms?
<input type="checkbox"/>	<input type="checkbox"/>	16. Am I overwhelmed by multitasking and prefer doing one thing at a time?
<input type="checkbox"/>	<input type="checkbox"/>	17. Do I replenish myself in nature?
<input type="checkbox"/>	<input type="checkbox"/>	18. Do I need a long time to recuperate after being with difficult people?
<input type="checkbox"/>	<input type="checkbox"/>	19. Do I feel better in small cities or the country than large cities?
<input type="checkbox"/>	<input type="checkbox"/>	20. Do I prefer one-to-one interactions or small groups to large gatherings?

To calculate your results:

- If you answered yes to one to five questions, you're at least partially empathic.
- Responding yes to six to ten questions means you have moderate empathic tendencies.
- Responding yes to eleven to fifteen means you have strong empathic tendencies.
- Answering yes to more than fifteen questions means that you are a full-blown empath.

Determining if you're an empath will clarify your needs and which strategies to use to meet them. This is essential to gain a comfort zone in your life.