

Empathy Self-Assessment

Take this self-assessment and decide for yourself if you need to improve.

1. Yes ☐ No ☐ I have a general interest in the welfare of other people.
2. Yes ☐ No ☐ I have a warm personality.
3. Yes ☐ No ☐ I am flexible when dealing with situations.
4. Yes ☐ No ☐ I am alert and can pick up on how others are feeling.
5. Yes ☐ No ☐ I am able to listen objectively to other people.
6. Yes ☐ No ☐ I am able to cope with egocentric personalities.
7. Yes ☐ No ☐ I am sought after by other people to listen to anxieties and fears.
8. Yes ☐ No ☐ My friends would not call me self-absorbed.
9. Yes ☐ No ☐ I am able to focus on the person I am speaking with without getting distracted.
10. Yes ☐ No ☐ I understand the difference between sympathy and empathy.
11. Yes ☐ No ☐ I have a variety of life experiences that help me have a broad understanding of people.
12. Yes ☐ No ☐ Others see me as adaptable, flexible, and spontaneous.
13. Yes ☐ No ☐ I am able to maintain my own health and don't get overly wrapped up in other people's problems.
14. Yes ☐ No ☐ I am patient and kind.
15. Yes ☐ No ☐ Others would describe me as humble, not conceited.