

Empathy Self Assessment

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

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