

Empathy Self-Assessment

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

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| 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 personalities. |
| 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 sympathy and empathy. |
| 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 ☐ | Others would describe me as humble, not conceited. |