

# Empath Quiz

**Instructions:** Please answer the following questions honestly to the best of your ability. There are no right or wrong answers.

Part 1: Sensitivity	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1. Do you often feel overwhelmed by crowds or loud noises?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you easily pick up on the emotions of others, even when they are not expressed verbally?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you feel physically drained after spending time with people, even if you enjoyed yourself?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you find yourself taking on other people's problems as if they were your own?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Part 2: Intuition					
1. Do you often have strong gut feelings about people or situations?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you find that you can often predict what others are going to say or do before they do it?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you find yourself drawn to certain places or objects for no apparent reason?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. Do you sometimes feel like you can sense the energy of a room?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Part 3: Compassion</b>					
1. Do you feel a deep empathy for the suffering of others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you find yourself wanting to help people in need, even if it means sacrificing your own time or energy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you believe that it is your responsibility to make the world a better place?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you forgive others easily, even when they have hurt you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Interpretation:**

Count the number of "Strongly Agree" and "Agree" answers for each section:

- **Sensitivity:** High scores indicate a strong sensitivity to external stimuli and other people's emotions.
- **Intuition:** High scores suggest strong intuitive abilities and a sense of knowing things beyond logical explanation.
- **Compassion:** High scores reflect a strong sense of empathy and compassion for others.