

Empathy Quotient (EQ) Test

Applicant Details:

Name:

Date of Birth:

Gender:

Contact Information:

Other Relevant Information:

Instructions:

1. Read each statement carefully and select the response that best describes your feelings or thoughts.
2. There are no right or wrong answers, and you shouldn't overthink your response. Go with your first instinct.

Questions:

1. I can easily tell if someone else wants to enter a conversation.

- Strongly agree
- Slightly agree
- Slightly disagree
- Strongly disagree

2. I find it hard to understand why some things upset people so much.

- Strongly agree
- Slightly agree
- Slightly disagree
- Strongly disagree

3. I really enjoy caring for other people.

- Strongly agree
- Slightly agree
- Slightly disagree
- Strongly disagree

4. I find it hard to know what to do in a social situation.

- Strongly agree
- Slightly agree
- Slightly disagree
- Strongly disagree

5. People often tell me that I am very understanding.

- Strongly agree
- Slightly agree
- Slightly disagree
- Strongly disagree

6. I sometimes find it difficult to tell if someone is joking or serious.

- Strongly agree
- Slightly agree
- Slightly disagree
- Strongly disagree

7. I often find it difficult to see things from another person's point of view.

- Strongly agree
- Slightly agree
- Slightly disagree
- Strongly disagree

8. I can tune into how someone else feels rapidly and intuitively.

- Strongly agree
- Slightly agree
- Slightly disagree
- Strongly disagree

9. I don't always know why I feel the way I do.

- Strongly agree
- Slightly agree

- Slightly disagree
- Strongly disagree

10. I can easily work out what another person might want to talk about.

- Strongly agree
- Slightly agree
- Slightly disagree
- Strongly disagree

11. I can't always see why someone should have felt offended by a remark.

- Strongly agree
- Slightly agree
- Slightly disagree
- Strongly disagree

12. People's emotions are mysterious to me.

- Strongly agree
- Slightly agree
- Slightly disagree
- Strongly disagree

13. It is hard for me to see why some things upset people so much.

- Strongly agree
- Slightly agree
- Slightly disagree
- Strongly disagree

14. Other people tell me I am good at understanding how they are feeling and what they are thinking.

- Strongly agree
- Slightly agree
- Slightly disagree
- Strongly disagree

15. I sometimes find it difficult to judge if something is rude or polite.

- Strongly agree
- Slightly agree
- Slightly disagree
- Strongly disagree

16. I can usually appreciate the other person's viewpoint, even if I don't agree with it.

- Strongly agree
- Slightly agree
- Slightly disagree
- Strongly disagree

17. I find it hard to know what to do in a social situation.

- Strongly agree
- Slightly agree
- Slightly disagree
- Strongly disagree

18. I am at my best first thing in the morning.

- Strongly agree
- Slightly agree
- Slightly disagree
- Strongly disagree

19. Friends usually talk to me about their problems as they say that I am very understanding.

- Strongly agree
- Slightly agree
- Slightly disagree
- Strongly disagree

20. I can sense if I am intruding, even if the other person doesn't tell me.

- Strongly agree

- Slightly agree
- Slightly disagree
- Strongly disagree

Scoring Section:

1. Calculate Total Score:

- Add all the points.
- Maximum score is 20 points.
- **TOTAL:**

2. Understand the Score:

- **15-20:** High empathy
- **10-14:** Moderate empathy
- **5-9:** Below average empathy
- **0-4:** Low empathy

This scoring system allows you to easily understand the empathy level based on the answers to the questions.

Notes