

Empathy Test

Test Instructions: Please read each statement carefully and choose the response that best describes your usual thoughts, feelings, or behaviors in similar situations.

Part 1: Cognitive Empathy	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
1. When someone is crying, I can usually identify their emotion based on their facial expressions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I am good at understanding the underlying emotions in spoken language, even when the speaker's tone is neutral.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I can easily put myself in someone else's shoes and imagine their perspective on a situation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I am often able to anticipate how others will react to certain events or situations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Part 2: Affective Empathy					
1. When someone is experiencing joy, I often feel happy myself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I am easily moved by others' suffering and feel genuine sadness for them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I can experience physical sensations, such as nausea or dizziness, when witnessing someone in pain or distress.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. I often find myself mirroring the facial expressions or body language of others unconsciously.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Part 3: Compassionate Empathy					
1. I am naturally inclined to help others in need, even if it requires personal sacrifice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I feel a strong sense of responsibility to alleviate the suffering of others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I am often motivated by a desire to make the world a better place for others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I can easily forgive others, even when they have hurt me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Part 4: Moral Empathy					
1. I am sensitive to the ethical implications of my decisions and actions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I can understand and appreciate different perspectives on moral issues, even if I disagree with them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I am motivated to act in accordance with my own moral principles, even when it is difficult.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I am always willing to stand up for what I believe in, even if it means facing disapproval or conflict.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>