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ARE YOU AN EMPATH?

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You've likely spent most of your life being measured, assessed, and told what you are or are not. Perhaps you've looked to outside sources to define and explain you. This assessment is different. It empowers you to understand, claim, and embrace your gifts and struggles through your own evaluation and determination.

This exercise will help you clarify your specific skills and insights. You may find that most, some, or only a few of these apply to you. We're just here to take a look. Let's see if we can shine some light on this exceptional gift to see what applies to you and to what degree.

Write a number from 0-10 in each question's box using the scale below. Then, add up your answer from each question and put it in the TOTAL box at the end.

0	1	2	3	4	5	6	7	8	9	10
NOT AT ALL			SOMEWHAT				ABSOLUTELY			

I experience very deep feelings.	
I feel like a sponge, absorbing energy and experiences around me.	
People tell me I'm too sensitive.	
I have a strong sense of responsibility.	
Strangers relate to me, tell me their problems, or ask my opinion.	
I've always felt different from other people.	
I never really feel like I fit in anywhere.	
I notice things most people don't.	
Sometimes I worry that I'm too much for other people.	
I can sense people's feelings and needs, often without them saying anything.	
I can feel other people's pain—emotional or physical.	

I learn differently than others and have to take in information in my own way.	
I struggle to comprehend or retain things I hear or read.	
I often know what someone needs, sometimes before they do.	
I can read someone's energy more than their words.	
I'm thoughtful and conscious of people's needs and feel troubled when others aren't the same way.	
I have a sense of knowing about situations and people.	
I can read energy in a room and the people in it.	
It can be hard to be in my body because of the intense things I feel.	
Sometimes I numb or distract myself to lessen the intensity of my feelings.	
I'm aware of even subtle changes in energy, environment, or someone's mood.	
My mood can shift suddenly and without apparent reason.	
I seem to know things before they happen.	
I have a hard time witnessing violence, aggression, or negativity.	
I startle easily.	
Unfairness and injustice are big triggers for me.	
The energy of crowds impacts me.	
I don't like small talk.	
A lot of activity is overwhelming to me.	
Tone of voice, body language, and gestures impact the way I relate and communicate.	
Noise, lighting, and activity influence my mood and focus.	
I need quiet, downtime, and solitude to recoup.	
I feel drained and depleted by a lot of activity and busyness.	
Structure and order help me think straight.	
I'm overwhelmed by clutter and other distractions.	
Sometimes committed plans feel overwhelming and suffocating.	

I don't do well with rushing, busyness, and lateness.	
Sudden changes or distractions can really throw me off course.	
It seems to take me longer to recuperate from stress and difficult people.	
Personal space is important to me.	
Sometimes I need to check out when there's a lot going on.	
Conflict and arguments are unsettling to me.	
Competition and performance are draining to me.	
Sarcasm and teasing trouble me.	
I'm sensitive to chemicals, caffeine, and medications.	
I have a strong reaction to physical pain.	
My thoughts and ideas are complex, and I can get lost in them.	
I'm deeply moved by music, art, creativity, dance, etc.	
News, media, advertisements, television, and reading material affect me.	
World events impact me even though I've never met those involved.	
Weather affects my mood greatly.	
I can feel the power of nature. Trees and plants seem to speak to me.	
I see colors or auras around people, places, or things.	
I can see light that others can't.	
I relate to animals deeply.	
I hear things other people don't hear.	
I see things other people don't see.	
I smell things other people don't smell.	
I sense things other people don't sense.	
I know things other people don't know.	
Total number that apply to me:	

The highest possible score for this assessment is 600. Though there is no specific number that qualifies you as an Empath, the higher your score, the more empathically wired you are. This tool allows you to self-define your empathic abilities, an understanding that will be useful as we move through the growing process presented in the chapters to come.

After completing this exercise, I describe myself as an Empath:

0 1 2 3 4 5 6 7 8 9 10

THE EMPATH SCALE

0 – 99: BEGINNER

You are starting to learn and explore emotions and energy on a basic level. You have some awareness of what different emotions are.

100 – 199: SENTIMENT

You have a general view and understanding of feelings and your opinions about things. You can typically express your feelings and views on simple matters and with people you're comfortable with.

200 – 299: APPRISED

You are informed and knowledgeable of emotional language and can have conversations about your feelings and experiences. You have compassion and understanding for the feelings of others.

300 – 399: REALIZED

You can grasp emotions and energy in yourself and others and clearly understand the meaning and impact of them. You appreciate emotional language, needs, and dynamics.

400 – 499: ASCENDING

You are conscious of emotions and energy in yourself and others and are open to learning more. You appreciate the complex nature of emotions and are willing to navigate relationships, conversations, and conflict.

500 – 600: ENLIGHTENED

You are highly in tune with your emotions, energy, and intuition. You practice the many nuances associated with feelings and are capable of deep insight, understanding, and compassion for yourself and others. You can regulate, detach, and embody emotion without absorbing or becoming plagued by it.