

Empathy Quiz

Instructions: The following statements ask about your thoughts and feelings in a variety of situations. It is important to describe how you **NORMALLY** feel, rather than how you **WISHED** you might feel in each situation. Answer as honestly as you can.

For each item, indicate how well it describes you by choosing the appropriate letter on the scale.

ANSWER SCALE:	A	B	C	D	E
	Does not describe me well				Describes me very well
1. I daydream and fantasize, with some regularity, about things that might happen to me.	A	B	C	D	E
2. I often have tender, concerned feelings for people less fortunate than me.	A	B	C	D	E
3. I sometimes find it difficult to see things from the "other guy's" point of view.	A	B	C	D	E
4. Sometimes I don't feel very sorry for other people when they are having problems.	A	B	C	D	E
5. I really get involved with the feelings of the characters in a novel.	A	B	C	D	E
6. In emergency situations, I feel apprehensive and ill-at-ease.	A	B	C	D	E
7. I am usually objective when I watch a movie or play, and I don't often get completely caught up in it.	A	B	C	D	E
8. I try to look at everybody's side of a disagreement before I make a decision.	A	B	C	D	E
9. When I see someone being taken advantage of, I feel kind of protective towards them.	A	B	C	D	E
10. I sometimes feel helpless when I am in the middle of a very emotional situation.	A	B	C	D	E
11. I sometimes try to understand my friends better by imagining how things look from their perspective.	A	B	C	D	E
12. Becoming extremely involved in a good book or movie is somewhat rare for me.	A	B	C	D	E
13. When I see someone get hurt, I tend to remain calm.	A	B	C	D	E

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ANSWER SCALE:	A Does not describe me well	B	C	D	E Describes me very well
14. Other people's misfortunes do not usually disturb me a great deal.	A	B	C	D	E
15. If I'm sure I'm right about something, I don't waste much time listening to other people's arguments.	A	B	C	D	E
16. After seeing a play or movie, I have felt as though I were one of the characters.	A	B	C	D	E
17. Being in a tense emotional situation scares me.	A	B	C	D	E
18. When I see someone being treated unfairly, I sometimes don't feel very much pity for them.	A	B	C	D	E
19. I am usually pretty effective in dealing with emergencies.	A	B	C	D	E
20. I am often quite touched by things that I see happen.	A	B	C	D	E
21. I believe that there are two sides to every question and try to look at them both.	A	B	C	D	E
22. I would describe myself as a pretty soft-hearted person.	A	B	C	D	E
23. When I watch a good movie, I can very easily put myself in the place of a leading character.	A	B	C	D	E
24. I tend to lose control during emergencies.	A	B	C	D	E
25. When I'm upset at someone, I usually try to "put myself in his shoes" for a while.	A	B	C	D	E
26. When I am reading an interesting story or novel, I imagine how I would feel if the events in the story were happening to me.	A	B	C	D	E
27. When I see someone who badly needs help in an emergency, I go to pieces.	A	B	C	D	E
28. Before criticizing somebody, I try to imagine how I would feel if I were in their place.	A	B	C	D	E

Quiz Results

Step 1: For each question, mark your answer's point value below:

Questions 3, 4, 7, 12, 13, 14, 15, 18, and 19:

A = 4

B = 3

C = 2

D = 1

E = 0

***NOTE:**
Reverse scoring

All other questions:

A = 0

B = 1

C = 2

D = 3

E = 4

Question 1 _____

Question 2 _____

*Question 3 _____

*Question 4 _____

Question 5 _____

Question 6 _____

*Question 7 _____

Question 8 _____

Question 9 _____

Question 10 _____

Question 11 _____

*Question 12 _____

*Question 13 _____

*Question 14 _____

*Question 15 _____

Question 16 _____

Question 17 _____

*Question 18 _____

*Question 19 _____

Question 20 _____

Question 21 _____

Question 22 _____

Question 23 _____

Question 24 _____

Question 25 _____

Question 26 _____

Question 27 _____

Question 28 _____

Step 2: Add up all the points to get your total score = _____/112
(higher score = higher levels of empathy)

Step 3: Calculate your score for each aspect of empathy (higher scores = higher levels of empathy)

#1 Perspective taking: a tendency to adopt the point of view of others in everyday life ("I sometimes try to understand my friends better by imagining how things look from their perspective")

Add scores for questions 3 + 8 + 11 + 15 + 21 + 25 + 28 to get your score: _____/28

#2 Fantasy: a tendency to imaginatively put oneself into fictional situations ("When I am reading an interesting story or novel, I imagine how I would feel if the events in the story were happening to me").

Add scores for questions 1 + 5 + 7 + 12 + 16 + 23 + 26 to get your score: _____/28

#3 Empathetic concern: a tendency to experience feelings of sympathy and compassion for others ("I often have tender, concerned feelings for people less fortunate than me")

Add scores for questions 2 + 4 + 9 + 14 + 18 + 20 + 22 to get your score: _____/28

#4 Personal distress: a tendency to experience distress and discomfort in response to extreme distress in others ("Being in a tense emotional situation scares me")

Add scores for questions 6 + 10 + 13 + 17 + 19 + 24 + 27 to get your score: _____/28