# Empathy Assessment

**1.** When a person with me expresses sadness, I can easily sense its depth and power.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree
5. ○ Strongly Agree

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**2.** Before providing feedback on someone's behavior, I shape my speaking, tone, and delivery so that it can be constructively received.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree
5. ○ Strongly Agree

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**3.** I am able to quickly determine someone's emotional state.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree

5. ○ Strongly Agree

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**4.** It upsets me to see someone being treated disrespectfully.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree
5. ○ Strongly Agree

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**5.** When someone else is excited or happy, it has an uplifting impact on my mood.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree
5. ○ Strongly Agree

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**6.** I am able to treat others with dignity and respect regardless of their social, cultural, or economic status.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree

5. ○ Strongly Agree

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**7.** I focus on genuinely respecting another person's point of view.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree
5. ○ Strongly Agree

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**8.** I can quickly and accurately grasp other people's emotional state.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree
5. ○ Strongly Agree

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**9.** Even though I make quick value judgments, I am most often able to prevent those opinions from making others wrong.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree

5. ○ Strongly Agree

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**10.** If someone comes to me with a complaint, I support them in identifying and taking constructive action steps.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree
5. ○ Strongly Agree

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**11.** When helping others who are in conflict or disagreement, I support them in finding a win/win resolution.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree
5. ○ Strongly Agree

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**12.** When someone cries in my presence, I remain still and quiet as the emotions subside.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree

5. ○ Strongly Agree

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**13.** I look for things I can do to please friends and associates.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree
5. ○ Strongly Agree

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**14.** In helping a friend with a problem, I can avoid taking their problem on as my burden.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree
5. ○ Strongly Agree

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**15.** When I am with someone who is upset, I will avoid anything that will enable self-pity by offering disingenuous, sympathetic comments.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree

5. ○ Strongly Agree

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**16.** When I am involved in helping to solve a problem, I work to help others identify the causes that will be the most effective solutions.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree
5. ○ Strongly Agree

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**17.** When I see that my friend is angry, I listen without judgment and let the anger subside.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree
5. ○ Strongly Agree

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**18.** I have a good sense of what situations will please others.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral

4. ○ Agree
5. ○ Strongly Agree

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**19.** When I am angry with what someone has said or done, I have learned not to let that emotion become destructive.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree
5. ◉ Strongly Agree

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**20.** When I see someone being taken advantage of, I feel protective towards them.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree
5. ○ Strongly Agree

**21.** My own mood is bolstered when someone close to me is happy.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree

5. ○ Strongly Agree

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**22.** I take joy in other people's self-discovery and success.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree
5. ○ Strongly Agree

**23.** I have a good awareness of my behavioral style and the impact it has on others.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree
5. ○ Strongly Agree

**24.** I am usually able to prevent my opinion of others from getting in the way of mindful listening to what they are saying.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree

5. ○ Strongly Agree

**25.** I have become effective at “flexing” my behavior to better match the style of my communications with others.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree
5. ○ Strongly Agree

**26.** I have learned to be patient with silence as others are forming their thoughts.

1. Strongly Disagree
2. ◉ Disagree
3. ○ Neutral
4. ○ Agree
5. ○ Strongly Agree

**27.** When giving feedback to others on their performance, I give an appraisal on their language, actions and its impact, not on the person’s character.

1. ○ Strongly Disagree
2. ○ Disagree
3. ○ Neutral
4. ○ Agree

5. Strongly Agree

**28.** I take full responsibility for errors in my interactions with others, no matter who or what the cause.

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree