

Are You An Empath? – Self Assessment

Answer Yes or No to the following question.

1. Have I ever been labelled oversensitive, shy or introverted?
2. Do I frequently get overwhelmed or anxious?
3. Do arguments and yelling make me ill?
4. Do I often feel like I don't fit in?
5. Do crowds drain me and do I need alone time to revive myself?
6. Do noise, odours, or non-stop talkers overwhelm me?
7. Do I have chemical sensitivities or a low tolerance for scratchy clothes?
8. Do I prefer taking my own car to places so that I can leave early if I need to?
9. Do I overeat to cope with stress?
10. Am I afraid of becoming suffocated by intimate relationships?
11. Do I startle easily?
12. Do I react strongly to caffeine or medications?
13. Do I have a low threshold for pain?
14. Do I tend to socially isolate?
15. Do I absorb other people's stress, emotions, or symptoms?
16. Am I overwhelmed by multi-tasking and do I prefer to do one thing at a time?
17. Do I replenish myself in nature?
18. Do I need a long time to recuperate after being with difficult people?
19. Do I prefer one to one interactions and small groups to large gatherings?
20. Do I feel better in small towns or the country rather than large cities?