

Rate Your Empathy Skills

For the following questions, insert a number from 1 to 5 in the box that best describes you.

Rarely 1	2	3	4	Often 5	Your Score
1. I feel concern for people who are less fortunate than me.					
2. I like to help people solve their problems.					
3. It's easy for me to see things from another person's perspective.					
4. I feel uncomfortable when other people are having a tough time.					
5. I'm truly interested in what other people are experiencing.					
6. I try to listen before offering an opinion.					
Add together for your total:					

If your total score is 24 to 30, then you have strong empathy skills. If your score is 23 or less, then you might wish to strengthen those skills with some of the