

Empathy Test

Test Instructions: Please read each statement carefully and choose the response that best describes your usual thoughts, feelings, or behaviors in similar situations.

PART 1: COGNITIVE EMPATHY

When someone is crying, I can usually identify their emotion based on their facial expressions.

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

I am good at understanding the underlying emotions in spoken language, even when the speaker's tone is neutral.

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

I can easily put myself in someone else's shoes and imagine their perspective on a situation.

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

I am often able to anticipate how others will react to certain events or situations.

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

PART 2: AFFECTIVE EMPATHY

When someone is experiencing joy, I often feel happy myself.

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

I am easily moved by others' suffering and feel genuine sadness for them.

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

I can experience physical sensations, such as nausea or dizziness, when witnessing someone in pain or distress.

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

I often find myself mirroring the facial expressions or body language of others unconsciously.

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

PART 3: COMPASSIONATE EMPATHY

I am naturally inclined to help others in need, even if it requires personal sacrifice.

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

I feel a strong sense of responsibility to alleviate the suffering of others.

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

I am often motivated by a desire to make the world a better place for others.

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

I can easily forgive others, even when they have hurt me.

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

PART 4: MORAL EMPATHY

I am sensitive to the ethical implications of my decisions and actions.

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

I can understand and appreciate different perspectives on moral issues, even if I disagree with them.

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

I am motivated to act in accordance with my own moral principles, even when it is difficult.

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree

I am always willing to stand up for what I believe in, even if it means facing disapproval or conflict.

- ☐ Strongly Agree
- ☐ Agree
- ☐ Neutral
- ☐ Disagree
- ☐ Strongly Disagree