

HOW MUCH EMPATHY DO YOU HAVE?:

- 1 - not at all**
- 2 - a little**
- 3 - some of the time (about 1/2 and 1/2)**
- 4 - most of the time**
- 5 - almost all of the time**

***You may want to be the person who answers these questions with 5's, but just try and be honest - answer for who you really are!**

___1. I feel empathy for people who are less fortunate than me.

___2. I find it easy to understand other people's point of view.

___3. I am usually greatly upset by other people's hardships and misfortunes.

___4. If someone needed help in an emergency, I would willingly offer it.

___5. There are two sides to every story, I remember this fact and try to look at both sides.

___6. I would give money to people in need even if I did not know them well.

___7. If I saw they had a need I would offer to help a neighbor, even without being asked.

___8. I would let an elderly or disabled person go ahead of me in line even if I was in a hurry.

___9. I would try and stop a friend from hurting someone, even if the person they wanted to hurt was not our friend.

___10. When I make decisions I try and think of the rights of everyone involved (thinking of others and not just what's best for me!)

ADD UP YOUR SCORE:_____ Then look at the back page to see what your score means.

What your EMPATHY score means:

- 0 - 30** You are not very empathetic! You are probably reluctant to help other people, especially if you don't know them. **YOU NEED TO WORK ON YOUR EMPATHY SKILLS - A LITTLE KINDNESS GOES A LONG WAY. IT IS A CHOICE!!!!**
- 31 - 40** You are average in your empathy and you are generally willing to help others- you may need to work at being more empathetic and/or helping when you don't know the person, or when it doesn't come as easily and as naturally to you!!!!
- 41 - 50** You are very empathetic and willing to help others! Keep it up - you never know the difference you might make in someone's life!!!! (WHAT GOES AROUND, COMES AROUND)

THE OPPOSITE OF EMPATHY IS SELFISHNESS! - To prove this, go back and read through each question and ask, "If you aren't doing it for others, who are you doing it for?" (The answer will most likely be YOURSELF!! - thus, selfishness!!)

