



Are You an Empath?

1. Do you often feel other's emotions as your own? ☐ Yes ☐ No ☐ Sometimes
2. Do you absorb the mood of a room quickly, even before anyone speaks? ☐ Yes ☐ No ☐ Sometimes
3. Do you feel drained or overstimulated after being around many people or strong emotions? ☐ Yes ☐ No ☐ Sometimes
4. Do people frequently confide in you or seek your emotional support without you inviting it? ☐ Yes ☐ No ☐ Sometimes
5. Do you need regular alone time to decompress and release emotional energy you've picked up? ☐ Yes ☐ No ☐ Sometimes
6. Do you intuitively sense tension, unspoken conflict, or subtle shifts in someone's mood? ☐ Yes ☐ No ☐ Sometimes
7. Do you feel overwhelmed by violence, cruelty, or emotional intensity in media or real life? ☐ Yes ☐ No ☐ Sometimes
8. Do you struggle to distinguish your emotions from the emotions of others? ☐ Yes ☐ No ☐ Sometimes
9. Do you feel deeply connected to nature, animals, or the emotional atmosphere around you? ☐ Yes ☐ No ☐ Sometimes
10. Do you often sense when someone is upset, even when they say they are "fine"? ☐ Yes ☐ No ☐ Sometimes

Are Your Answers Mostly "Yes"? You may have strong empathic traits. You likely absorb emotional energy easily, feel deeply, and intuitively sense what others are experiencing. Learning grounding skills, emotional boundaries, and nervous-system regulation can help you stay connected without becoming overwhelmed.

Are Your Answers Mostly "Sometimes"? You may be sensitive and attuned to others but not consistently overwhelmed by emotional input. Reflect on when your sensitivity feels like a gift and when it feels like it is draining. Understanding your patterns can help you gain clarity.

Are Your Answers Mostly "No"? You may not identify as an empath, though you can still be caring, intuitive, and emotionally intelligent. Everyone has unique ways of perceiving and relating to the world, and self-awareness is valuable no matter your sensitivity level.

This quiz is for educational and self-reflective purposes only. It is not therapeutic advice.