



## 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.*