

Empathy Self-Assessment



The following self-assessment is designed to encourage self-reflection. Answer honestly and as spontaneously as possible, without thinking too long about each statement. Then record your rating in the right-hand column next to the statement.

This self-assessment is not intended to be evaluated based on a total score. Rather, it is designed to provide insights into potential areas for personal development. Enjoy the process!

Please rate the statements below on a scale of 1-4:

- 1** I strongly disagree **2** Tend not to agree **3** Tend to agree **4** I completely agree

1. I rarely experience misunderstandings when communicating with others.
2. People tell me that I am a good listener.
3. I often feel a sense of connection with other people – even those I find difficult.
4. When I am at peace with myself, this has a positive effect on those around me.
5. I am able to clearly identify my own feelings.
6. When I experience negative feelings, I can recognise the needs underlying them.
7. I am consciously aware of the thoughts that influence my feelings.
8. I allow myself to experience my emotions, even the unpleasant ones.
9. I have effective strategies for dealing with distressing emotions and letting them go.
10. I know how to let go of distressing thoughts.
11. I generally feel balanced and centered.
12. I listen to my intuition.
13. I am consciously aware of different aspects of my inner self.
14. I often recognise the positive intentions behind other people's behaviour.
15. I find it easy to connect with other people.
16. I am aware of how I typically behave in conflict situations and recognise that there are always alternative ways to respond.
17. Even in conflicts, I am able to understand other people's perspectives.
18. I can address emotionally challenging topics in a way that prevents escalation.
19. I show others that I notice and understand their feelings.
20. I take responsibility for my feelings rather than attributing them to others.