

## Empathy – level

Complete the following quiz. You can choose only one answer.

**Question 1.** One of those close to you is suffering from a serious illness. How do you react:

- a) It's horrible. How will she deal with it? (1 point).
- b) I have to support her somehow. I'm going to visit and talk to her. (2 points).
- c) I'll think about it later. I have more important things on my mind right now. (0 points).
- d) I have my own, equally important problems. (0 points).
- e) Everyone gets sick and we will all die one day. We have to live with it somehow. (0 points).

**Question 2.** Do you often feel that it is difficult to share your thoughts and feelings with other people?

- a) Yes, it happens quite often. (0 points).
- b) Rather rarely. (1 point).
- c) No, almost never. (2 points).

**Question 3.** Do you have the impression that people trust you and you often become their trustee?

- a) Definitely yes. (2 points).
- b) Not really. (1 point).
- c) No, my conversations with others are rather superficial. (0 points).

**Question 4.** When you watch a film, does it often happen that you enter the life of the characters, so much that it's difficult to "come back to reality"?

- a) Definitely yes. (2 points).
- b) It happens to me quite often. (2 points).
- c) Rather rarely. (1 point).
- d) No, never. (0 points).

**Question 5.** Is it often difficult to control **tears** while listening to the confidences of a person who has experienced something difficult?

- a) Yes. (2 points).
- b) Sometimes. (1 point).
- c) No. (0 points).

**Question 6.** Do find pleasure in a close and honest conversation with another person?

- a) Yes, very much. (2 points).
- b) It is difficult to say. (1 point).
- c) No, I prefer to talk more freely, without showing my feelings too much. (0 points).

**Question 7.** Can you understand the intentions of other people, even if they are different from your principles?

- a) Yes. (2 points).
- b) Rather yes. (1 point).
- c) With difficulty. (0 points).
- d) No. (0 points).

**Question 8.** If someone starts to confide in you ...

- a) I try to finish the topic. (0 points).
- b) I listen, trying to comfort this person as soon as possible and move on to less "emotional" tracks of conversation. (1 point).
- c) I listen with honest attention. (2 points).

**Question 9.** When your interlocutor is yawning ...

- a) I usually yawn with him. (2 points).
- b) Sometimes I yawn. (1 point).
- c) I think, "How can he behave like that?" I have absolutely no instinct to do it. (0 points).

**Question 10.** Do you often imagine how your interlocutor feels?

- a) Yes, almost always. (2 points).
- b) Yes, quite often. (2 points).
- c) Occasionally. (1 point).
- d) Rather never. (0 points).

**Question 11.** If someone tells you about some pleasant experience he has experienced (i.e. about the fact that he fell in love), do you happen to be overwhelmed with joy and optimism, as if you have experienced it?

- a) Yes, very often. (2 points).
- b) Sometimes it happens to me. (1 point).
- c) No, it's hard for me to imagine what a person can experience. (0 points).

**Question 12.** What words come to your mind when you see that someone is very worried ...

- a) "Everything will be fine." (1 point).
- b) "How can I help you?". (2 points).
- c) "I do not have the ability to comfort you". (0 points).

**Question 13.** Does it happen that you say something that the previous speaker was just going to say?

- a) Yes, very often! (2 points).
- b) It happens to me quite often. (2 points).
- c) Rather rarely. (1 point).
- d) It does not happen. (0 points).

**Question 14.** You get to know somebody's emotions when ...

- a) He talks about them. (0 points).
- b) I can see his figure and expression on his face. (2 points).

**Question 15.** Is it easy for you to solve conflicts with others?

- a) Yes, I have no difficulty with it. (2 points).
- b) Rather yes. (1 point).
- c) Definitely not. (0 points).

### **Interpretation of test results**

Count all points for the answers you have selected. The sum of points will indicate how empathetic you are. Check what your result means!

#### **• 30-19 points - very strong empathy**

You are a deeply empathic person. Your relationships with others are close and warm. People find support in you. You are reliable. You can soothe conflicts and listen even to those who suffer and need support. You have no difficulty in making contact with others and it is easy for you to understand their behaviour.

#### **• 18-10 points - strong empathy**

Empathy is your strength. You often feel compassionate and it is not a problem for you to understand the behaviour of someone who acts in disagreement with your principles. Empathy helps you communicate well with others and you know how to use it. You can make close and deep relationships with others.

## **9 – 5 points - moderate empathy**

You have moderate empathy. You can often empathize with the situation of another person, but it is not always easy. In conflict situations, it is often difficult for you to understand the intentions of the other party. You also have difficulty convincing people to your opinion. Try to practice the strength of your empathy. A good exercise is to try to understand what someone felt in a specific situation and why he reacted the way they did. Try to imagine what your interlocutor feels and then ask him if you read his **emotions** well.

## **• 4-0 points - weak empathy**

Empathy is not your strong point. You do not have this feature to a satisfactory degree. However, according to some, empathy can be learned. Start with simple exercises, such as imagining what your interlocutor can feel at the moment or what he wants to say in a moment. Empathy is worth developing, because it makes it easier to contact with people.