

EMPATH QUESTIONNAIRE

1. Have you been labeled as “overly sensitive,” shy, or introverted?
2. Do you frequently get overwhelmed or anxious?
3. Do arguments or yelling make you ill?
4. Do you often feel like I don’t fit in?
5. Are you drained by crowds and need alone time to revive myself?
6. Are you over-stimulated by noise, odors, or non-stop talkers?
7. Do you have chemical sensitivities or can’t tolerate scratchy clothes?
8. Do you prefer taking your own car places so you can leave early if you need to?
9. Do you overeat to cope with stress?
10. Are you afraid of becoming suffocated by intimate relationships?
11. Do you startle easily?
12. Do you react strongly to caffeine or medications?
13. Do you have a low pain threshold?
14. Do you tend to socially isolate?
15. Do you absorb other people’s stress, emotions, or symptoms?
16. Are you overwhelmed by multitasking and prefer doing one thing at a time?
17. Do you replenish yourself in nature?
18. Do you need a long time to recuperate after being with difficult people or energy vampires?
19. Do you feel better in small cities or the country than large cities?
20. Do you prefer 1:1 interactions or small groups rather than large gatherings?