Empathy Survey

The following Empathy Quiz can be used with students and/or staff to promote the growth of empathy skills. The quiz has a total of 22 questions and you want to encourage answering them as honestly as possible—there is no right or wrong answer. Once the person has completed their survey they will find the questions in which they scored themselves the lowest and identify those as areas of growth. By using the Developmental Designs practice of The Loop, leaders and teachers can use the resources of The Origins Program to assist in building empathy skills among staff and in the classrooms with students.

1. I easily feel sad when the people around me feel sad.
   - □ Strongly Disagree
   - □ Disagree
   - □ Neutral
   - □ Agree
   - □ Strongly Agree

2. Before criticizing somebody, I try to imagine how I would feel if I were in his/her place.
   - □ Strongly Disagree
   - □ Disagree
   - □ Neutral
   - □ Agree
   - □ Strongly Agree

3. It is difficult for me to understand what makes my friends happy.
   - □ Strongly Disagree
   - □ Disagree
   - □ Neutral
   - □ Agree
   - □ Strongly Agree

4. It upsets me to see someone being treated disrespectfully.
   - □ Strongly Disagree
   - □ Disagree
   - □ Neutral
   - □ Agree
   - □ Strongly Agree

5. When someone else is feeling excited, I tend to get excited too.
   - □ Strongly Disagree
   - □ Disagree
   - □ Neutral
   - □ Agree
   - □ Strongly Agree

6. I have tender, concerned feelings for people less fortunate than me.
   - □ Strongly Disagree
   - □ Disagree
   - □ Neutral
   - □ Agree
   - □ Strongly Agree

7. I sometimes find it difficult to see things from the other person's point of view.
   - □ Strongly Disagree
   - □ Disagree
   - □ Neutral
   - □ Agree
   - □ Strongly Agree

8. I find that I am “in tune” with other people's moods.
   - □ Strongly Disagree
   - □ Disagree
   - □ Neutral
   - □ Agree
   - □ Strongly Agree
The following Empathy Quiz can be used with students and/or staff to promote the growth of empathy skills. The quiz has a total of 22 questions and you want to encourage answering them as honestly as possible—there is no right or wrong answer. Once the person has completed their survey they will find the questions in which they scored themselves the lowest and identify those as areas of growth. By using the Developmental Designs practice of The Loop, leaders and teachers can use the resources of The Origins Program to assist in building empathy skills among staff and in the classrooms with students.

9. If I'm sure I'm right about something, I don't waste much time listening to other people’s arguments.
   □ Strongly Disagree
   □ Disagree
   □ Neutral
   □ Agree
   □ Strongly Agree

10. If someone tells me about an event that made him/her happy, I can easily understand why that event made him/her happy.
    □ Strongly Disagree
    □ Disagree
    □ Neutral
    □ Agree
    □ Strongly Agree

11. I try to look at everybody's side of a disagreement before I make a decision.
    □ Strongly Disagree
    □ Disagree
    □ Neutral
    □ Agree
    □ Strongly Agree

12. I become irritated when someone cries.
    □ Strongly Disagree
    □ Disagree
    □ Neutral
    □ Agree
    □ Strongly Agree

13. I can easily think about events that will make my friends happy.
    □ Strongly Disagree
    □ Disagree
    □ Neutral
    □ Agree
    □ Strongly Agree

14. I sometimes try to understand my friends better by imagining how things look from their perspective.
    □ Strongly Disagree
    □ Disagree
    □ Neutral
    □ Agree
    □ Strongly Agree

15. I get a strong urge to help when I see someone who is upset.
    □ Strongly Disagree
    □ Disagree
    □ Neutral
    □ Agree
    □ Strongly Agree

16. I believe that there are two sides to every question and try to look at them both.
    □ Strongly Disagree
    □ Disagree
    □ Neutral
    □ Agree
    □ Strongly Agree
Empathy Survey

The following Empathy Quiz can be used with students and/or staff to promote the growth of empathy skills. The quiz has a total of 22 questions and you want to encourage answering them as honestly as possible—there is no right or wrong answer. Once the person has completed their survey they will find the questions in which they scored themselves the lowest and identify those as areas of growth. By using the Developmental Designs practice of The Loop, leaders and teachers can use the resources of The Origins Program to assist in building empathy skills among staff and in the classrooms with students.

17. When I see that my friend is sad about something, I easily feel sad as well.
   □ Strongly Disagree
   □ Disagree
   □ Neutral
   □ Agree
   □ Strongly Agree

18. I have a hard time predicting what situations will make other people happy.
   □ Strongly Disagree
   □ Disagree
   □ Neutral
   □ Agree
   □ Strongly Agree

19. When I’m upset at someone, I usually try to put myself in his/her shoes for a while.
   □ Strongly Disagree
   □ Disagree
   □ Neutral
   □ Agree
   □ Strongly Agree

20. When I see someone being taken advantage of, I feel protective towards him/her.
   □ Strongly Disagree
   □ Disagree
   □ Neutral
   □ Agree

21. I remain unaffected when someone close to me is happy.
   □ Strongly Disagree
   □ Disagree
   □ Neutral
   □ Agree
   □ Strongly Agree

22. I enjoy making other people feel better.
   □ Strongly Disagree
   □ Disagree
   □ Neutral
   □ Agree
   □ Strongly Agree

The original Empathy Survey can be viewed at http://greatergood.berkeley.edu/quizzes/take_quiz/14