

# Empathy – A Self Assessment

## Empathy

Empathy is the capacity to recognize and, to some extent, share feelings (such as sadness or happiness) that are being experienced by another person. It is often characterized by the ability to "put oneself into another's shoes". Empathy involves being attentive to emotional cues and listening well to the other person's concerns. One shows sensitivity and understands others' perspectives in order to relate to the thoughts and feelings.

S. No.	Statements	Never	Rarely	Some-times	Often	Always
1.	Do you sense and feel for your peer's problems and emotions?	0	1	2	3	4
2.	Do you pay attention when someone is speaking?	0	1	2	3	4
3.	During conversations, do you easily understand when the other is starting to get upset?	0	1	2	3	4
4.	Do you join in celebrations of others' success?	0	1	2	3	4
5.	Do you get upset because your friend is upset?	0	1	2	3	4
6.	Do you let your friend vent out his/ her emotions and frustrations without interrupting in the middle of the conversation?	0	1	2	3	4
7.	Do you gauge the emotional state of a person by just looking at him/ her?	0	1	2	3	4
8.	Do you go the extra mile to help understand others' problems?	0	1	2	3	4
9.	Do you relate with the feelings of the characters in a novel/ story?	0	1	2	3	4

10.	Do you express your emotion with control when the other person is sharing his/ her concerns?	0	1	2	3	4
11.	Do you find yourself able to predict the change of one's state of mind by looking at his/ her gestures?	0	1	2	3	4
12.	Do you put extra efforts to put others at ease?	0	1	2	3	4
13.	Do you associate with the fictional characters of movies when watching?	0	1	2	3	4
14.	Do you take information from others while remaining nonjudgmental about the topic of discussion?	0	1	2	3	4
15.	Do you understand if the other person is becoming restless during interactions?	0	1	2	3	4
16.	Do you show interest in others' concerns?	0	1	2	3	4
17.	Do you easily connect to your peer's experiences?	0	1	2	3	4
18.	Do you acknowledge the speaker in a way that invites the communication to continue?	0	1	2	3	4
19.	Do you easily sense if the other person is under stress?	0	1	2	3	4
20.	Do you value others' needs?	0	1	2	3	4

Name:

Date:

## Empathy – A Self-Assessment

### Scoring sheet

Co-experience		Listening		Emotional Clues		Active Interest	
1		2		3		4	
5		6		7		8	
9		10		11		12	
13		14		15		16	
17		18		19		20	
Total		Total		Total		Total	

<b>Overall Total</b>	
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	<b>Low</b> <i>Score Range: 0-8</i>	<b>Medium</b> <i>Score Range: 9-14</i>	<b>High</b> <i>Score Range: 15-20</i>
<b>Co-experience</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Listening</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Emotional Cues</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Active Interest</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<b>Overall Level of Empathy</b>	<b>Low</b>	<b>Medium</b>	<b>High</b>
	<input type="checkbox"/> 0-32	<input type="checkbox"/> 33-56	<input type="checkbox"/> 57-80

## Interpretation

<b>Optimal Level</b>	<b>Intermediate Level</b>	<b>Cautionary Level</b>
Indicates that you are efficient in these areas and utilize them regularly	Indicates that you are good in these areas but hardly utilize them	Indicates that you need to give immediate attention to these areas for self development

<p><b><u>Co-experience:</u></b></p> <p>It refers to the ability to relate to the thoughts, emotions, or experiences of an individual without them being communicated directly.</p> <p><b>Suggestions for improvement:</b></p> <ul style="list-style-type: none"> <li>• Sense and feel for your peers' problems and concerns</li> <li>• Put yourself in the other person's shoes to apprehend what he/ she is trying to say</li> <li>• Relate and understand the sensitivity of other peoples' issues</li> </ul>	<p><b><u>Listen:</u></b></p> <p>It refers to the ability to comprehend an individual's thoughts, emotions, or experiences while remaining non-judgmental about them.</p> <p><b>Suggestions for improvement:</b></p> <ul style="list-style-type: none"> <li>• Indicate you are listening by giving nonverbal acknowledgements, e.g., head nodding, facial expressions matching the speaker, open and relaxed body expression, eye contact</li> <li>• Provide an opportunity for people to talk through their problems without interrupting</li> <li>• Get involved in discussions where you play the role of a silent observer</li> </ul>
<p><b><u>Active Interest:</u></b></p> <p>It refers to the ability to show concern and get involved in the individual's issues, thoughts, emotions and experiences.</p> <p><b>Suggestions for improvement:</b></p> <ul style="list-style-type: none"> <li>• Spend time with your colleagues to experience and understand their concerns</li> <li>• Go out of your way to help your colleagues by suggesting what could be done to solve their concerns</li> <li>• Be a more of a listener than a speaker when any colleague shares his/ her sensitive issues</li> </ul>	<p><b><u>Emotional Cues:</u></b></p> <p>It refers to the ability to identify an individual's frame of mind through his/her behavior and actions.</p> <p><b>Suggestions for improvement:</b></p> <ul style="list-style-type: none"> <li>• Know your actions, your emotions and behavior in different situations and reflect on them.</li> <li>• Be alert and always look around for any indicators vis-a-vis colleagues to sit down and talk about their problems</li> <li>• Spend time to improve your non-verbal communication so as to be able to relate to the emotional cues of your colleagues</li> </ul>