

The Empathy Self Checklist*



	Never (1 pt)	Rarely (2 pts)	Some- times (3 pts)	Often (4 pts)	Always (5 pts)
1. I am really interested in others and how they feel.					
2. I am not judgmental, and it upsets me to see someone being treated disrespectfully.					
3. I listen closely, and I open up about myself as well.					
4. I enjoy helping others and try to reach out to someone each day.					
5. I have compassion for myself and for others.					
What I do well: (choose your top two from the list)					
What I'd like to enhance: (choose two)					

Date: _____ Total Score (out of 25) _____

Instructions: Complete the checklist and give yourself an overall score by adding up your points. The highest score is 25 and the observed average is 15. That means if you have a score higher than 15, you have higher than average empathy for others.

Chose two statements from the list that you'd like to work on over the next month. In one month complete this self checklist again and see if your scores change!

Questions, ideas? We'd love to hear! Email info@javagp.com or call 1-866-523-2411 toll free.

*This checklist is adapted from: Spreng, R. N., McKinnon, M. C., Mar, R. A., & Levine, B. (2009). The Toronto Empathy Questionnaire: Scale development and initial validation of a factor-analytic solution to multiple empathy measures. *Journal of Personality Assessment*, 91(1), 62-71. doi:10.1080/00223890802484381

