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The first 22 will be used to measure your level of empathy; the last six will be used by our research team to understand how empathy relates to factors like gender, birth order, and political orientation. When you're done, you'll receive your empathy score, along with feedback interpreting this score and tips for strengthening your empathy skills. Any responses submitted here will never be shared with any organization outside the Greater Good Science Center under any circumstances, ever. All responses are anonymized and only used in aggregate for evaluation purposes. Adapted from: Spreng, R. N., McKinnon, M. C., Mar, R. A., & Levine, B. (2009). The Toronto Empathy Questionnaire. Journal of Personality Assessment, 83(1), 62-71.

Frontiers in Psychology, 5, 1-14. Copy this HTML code and paste it into your Web page wherever you would like the quiz to appear. Be sure to include the script tag - it allows the quiz to resize to fit the space properly. 1. Critical or judgmental attitude: Part of being empathetic is recognizing that people might do things for many different reasons. People who lack empathy fail to give others the benefit of the doubt and assume their actions are meant to hurt or insult others.[2]Examples: Assuming someone hates you because they cut you off in traffic or thinking someone is stupid because they didn't fill out a form correctly.2. Inappropriate responses: Communication includes not just the words that are spoken, but the way a person says them and how they act when they say them. If someone lacks empathy, they may not know how to interpret someone's gestures and facial expressions or understand the emotions behind their words, which can lead to inappropriate responses.[3]Examples: Laughing when someone says they had a hard day or being dismissive of someone's concerns because you think it's no big deal.3. Poor listening skills: People who are distracted or not paying attention when others are talking likely lack empathy. Because they're not paying attention, a person will miss out on key information about how the speaker is feeling and what they're trying to say.[4]Examples: Texting while someone's talking to you or not making eye contact.4. Impatience: Many people who are lacking in empathy only care about themselves. They see other people's emotions as a distraction and don't care to give people the time or space they need to express them.[5]Examples: Telling someone who's upset to "just get over it" or claiming someone who was offended was just being too sensitive.5. Tunnel vision: For someone who's lacking in empathy, their perspective is the only one that matters. They tend to automatically reject any perspective that clashes with theirs. If someone disagrees with them or thinks they should do something differently, they believe that person is wrong. This tunnel vision often leads to a narrow focus on one's own feelings and needs, ignoring the feelings and needs of others.6. Difficulty regulating emotions: Mindfulness is highly associated with empathy. People who aren't very mindful tend to have a hard time regulating or controlling their emotions. They act out with little regard for how their outburst might affect others.[8]Examples: Flying off the handle in response to a relatively insignificant slight or getting angry at a stranger for something innocuous.8. Inability to deal with emotional situations: For a person who lacks empathy, big displays of emotion can be annoying or confusing. If they don't understand someone's emotions, they could be completely baffled by the person's reaction. Because they're so confused, they may just check out rather than try to deal with the situation.Examples: Walking away when someone's upset or getting angry because someone starts crying.9. Intolerance of different opinions: People won't always agree on everything. Someone with strong empathy can ask questions to try to understand why someone thinks differently than they do or to find common ground. But for those who lack empathy, they're more likely to simply see someone who has a different opinion as wrong.[9]Examples: Believing anyone who follows a religion you don't follow is stupid or ending a friendship over a fandom dispute.10. Incapacity to forgive: Someone who's lacking in empathy often sees everything anyone else does as intentional. They have a hard time forgiving someone for making a mistake because they don't understand the other person's emotions and don't register when someone actually regrets something they've done.[10]Examples: Holding a grudge over something someone did a decade ago or not allowing someone in your home because they made a mess at a party last year.11. Accusing others of being "too sensitive": A person lacking in empathy expects everyone to react the same way they would. If they wouldn't get upset over a joke, they don't expect others to either. This can lead to accusations of being "too sensitive." Examples: Telling someone who's sad that they're overreacting or that they're being dramatic.12. Lack of empathy for animals: People who lack empathy often have difficulty understanding the emotions of animals. They may not care if an animal is hurt or if it's dying. When they see something bad happen to someone else, they'll fixate on something that allowing could have done differently to keep from being victimized. In their mind, if the victim had only acted differently, the bad thing never would've happened.[12]Examples: Saying someone who was robbed "should have locked their doors" or arguing that people who are overweight are just lazy.13. Refusal to apologize: If someone is completely unable to empathize with other people, they don't care if anyone is hurt or upset by the things that they do. Typically, they're going to do whatever they want to do without any regard for anyone else. Because they can't connect their actions with the result, they see no reason to feel sorry about what they did.[13]Examples: Blaming someone else for something you did or making excuses rather than apologizing.14. Failure to understand effects of behavior: Because people who are lacking in empathy don't understand other people's emotions, they have a hard time linking their actions to anything someone else might feel. They often don't appreciate that the things they do can cause other people to feel a certain way. They might be confused as to how something they did could lead to such a feeling or response.[14]Examples: Walking away after hurting someone without realizing the person is hurt or leaving a mess for someone else to clean up.15. Difficulty maintaining relationships: If someone's lacking in empathy, people in their life don't tend to stick around for very long. They likely don't have good relationships with their family members, have few long-term friends, and have short romantic relationships.[15]Examples: Dating a different person every few months or never talking to parents or siblings.Emathy is the ability to put yourself in the shoes of another person. It's the ability to feel what they feel and understand what they need. Highly empathic people have more friends and enjoy better relationships. However, scoring too high on emathy may also mean that you are overly emotional, anxious, and suffer from addictions. So, are you able to love others, you need to maintain your balance and well-being first. You judge people based on their actions rather than your feelings about them. Sometimes you choose to keep your opinions to yourself to avoid confrontation or hurting someone's feelings. You can always accurately predict other peoples reactions and may sometimes have to deal with conflicts and misunderstandings.21-25 LOWGenerally, you dont understand people, especially when it comes to emotional outbursts and venting. You dont understand why some people cry and complain about their issues to others when they obviously cant help them. Being a rational and practical person, you prefer to keep to yourself working on your own projects. You dont have a lot of friends and your friends arent particularly warm or sensitive, but you like them for being smart, logical, successful, etc.20 VERY LOWGenerally, you have difficulty dealing with other people and dont work well within a team environment. It is highly likely that you are very productive and successful on your own because you dont tend to become distracted or involved in other peoples drama. You probably tend to think in terms of stereotypes and may seem too confrontational and argumentative to other people, which is why they avoid you. You need to develop your self-awareness and improve your communication skills if you want to have better relationships with others. ad ONLINE THERAPY THAT TRULY WORKS: Online CBT Platform to Help Deal with Relationship Problems, Anxiety, Depression, Addiction, and More. Includes professional follow-up by a CBT therapist. Click here to get started. Emathy is the ability to recognize, understand, and share the emotions and experiences of others. It plays a crucial role in forming meaningful relationships, fostering compassion, and maintaining social harmony. Emathy Deficit Disorder (EDD) is a condition characterized by a reduced ability or inability to empathize with others. This disorder can profoundly affect both the individual and those around them, leading to strained relationships, social isolation, and difficulties in various aspects of life. Understanding EDD involves exploring its symptoms, causes, and effective coping strategies. This article delves into the complexities of EDD, offering insights into its manifestations, underlying mechanisms, and potential interventions. We explore how EDD impacts cognitive functions, emotional states even before they speak. Your friends, family and colleagues gravitate toward you whenever they have a problem. They know they know you are always there to lend a listening ear and a shoulder to cry on. Unfortunately, they dont always reciprocate and may sometimes openly use you to sort out their emotions only to leave you drained and overwhelmed. To make things worse, you are likely to attract unhealthy relationships where you are used and abused. Narcissists in particular, prey on highly empathic people to get the admiration, support, and praise they crave. You often feel guilty and worry about unintentionally hurting somesones feelings. You constantly try to read between the lines and often ruminate about other people holding a grudge against you. You often worry that other people may have a negative opinion of you and take steps to prevent that. All this leads to a lot of anxiety, and you may have trouble falling asleep. Your worries keep you awake at night, and you often feel exhausted and overwhelmed. To cope with constant tiredness and anxiety, you may have developed additions to food, drugs, or alcohol. You need to take steps to protect your mental health and well-being. Work with a professional counselor, psychologist or consider this online CBT platform to cope with anxiety and change your behavior and feelings. In addition, this download may help you control your emathy and stop being overwhelmed by emotions.50-79 HIGHYou scored high on emathy. It is highly likely that you are a warm, caring, and generous person. Adults and children alike enjoy spending time with you. You probably have rescued pets living in your home. You are a good listener who is genuinely interested in other people. You love being around others and dont like to stay alone. You tend to avoid confrontations and try to find alternative solutions that will leave all parties satisfied. Although you dont particularly enjoy it, you arent overly sensitive to criticism. You may make decisions based on your feelings and emotions rather than facts. Even more so, you are able to love others, you need to maintain your balance and well-being first. You judge people based on their actions rather than your feelings about them. Sometimes you choose to keep your opinions to yourself to avoid confrontation or hurting someone's feelings. 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