

Excerpt from Dr. Judith Orloff's book, *The Empath's Survival Guide: Life Strategies for Sensitive People*

Are You an Empath?

To find out, take the following 20 question self-assessment, answering 'mostly yes' or 'mostly no' to each question.

Empath Self-Assessment

1. Have I've been labeled as "overly sensitive," shy, or introverted?
2. Do I frequently get overwhelmed or anxious?
3. Do arguments or yelling make me ill?
4. Do I often feel like I don't fit in?
5. Am I drained by crowds and need alone time to revive myself?
6. Am I over stimulated by noise, odors, or non-stop talkers?
7. Do I have chemical sensitivities or can't tolerate scratchy clothes?
8. Do I prefer taking my own car places so I can leave early if I need to?
9. Do I overeat to cope with stress?
10. Am I afraid of becoming suffocated by intimate relationships?
11. Do I startle easily?
12. Do I react strongly to caffeine or medications?
13. Do I have a low pain threshold?
14. Do I tend to socially isolate?
15. Do I absorb other people's stress, emotions, or symptoms?
16. Am I overwhelmed by multitasking and prefer doing one thing at a time?
17. Do I replenish myself in nature?

18. Do I need a long time to recuperate after being with difficult people or energy vampires?
19. Do I feel better in small cities or the country than large cities?
20. Do I prefer one-to-one interactions or small groups rather than large gatherings?

Now calculate your results:

- If you answered yes to one to five questions, you're at least partially an empath.
- Responding yes to six to ten questions means you have moderate empathic tendencies.
- Responding yes to eleven to fifteen means you have strong empathic tendencies.
- Answering yes to more than fifteen questions means that you are a full blown empath.

Determining if you're an empath will clarify your needs and which strategies to use to meet them. This is essential to gain a comfort zone in your life.

To learn more about being an empath and strategies on how to stay grounded and centered purchase Dr Orloff's book, [The Empath's Survival Guide: Life Strategies for Sensitive People](#)

