Empath Polarity Migration light 1-2 **— —** mild 3-5 severe 5< 2016 2018 Alt-lite and I.D.W. -0.10-0.10-0.100 -0.125 -0.12-0.12 0.0 0.0 0.0 I.D.W. -0.1-0.1Alt-lite 0.0 -0.10-0.10-0.15-0.15 0.00 Media 0.0 0.0 -0.1-0.25< 2016 2016 < 2017 2017 < 2018 2018