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| **Multi-Dimensional Emotional Empathy Scale (Caruso & Mayer,1998).** | | |
| 1. | I feel like crying when watching a sad movie. | Strongly Strongly  Disagree 1 2 3 4 5 Agree |
| 2. | Certain pieces of music can really move me. | 1 2 3 4 5 |
| 3. | Seeing a hurt animal by the side of the road is very upsetting. | 1 2 3 4 5 |
| **4.** | **I don't give others' feelings much thought.** | **5 4 3 2 1** |
| 5. | It makes me happy when I see people being nice to each other. | 1 2 3 4 5 |
| 6. | The suffering of others deeply disturbs me. | 1 2 3 4 5 |
| 7. | I always try to tune in to the feelings of those around me. | 1 2 3 4 5 |
| 8. | I get very upset when I see a young child who is being treated meanly. | 1 2 3 4 5 |
| **9.** | **Too much is made of the suffering of pets or animals.** | **5 4 3 2 1** |
| 10. | If someone is upset I get upset, too. | 1 2 3 4 5 |
| 11. | When I'm with other people who are laughing I join in. | 1 2 3 4 5 |
| 12. | It makes me mad to see someone treated unjustly. | 1 2 3 4 5 |
| **13.** | **I rarely take notice when people treat each other warmly.** | **5 4 3 2 1** |
| 14. | I feel happy when I see people laughing and enjoying themselves. | 1 2 3 4 5 |
| 15. | It's easy for me to get carried away by other people's emotions. | 1 2 3 4 5 |
| **16.** | **My feelings are my own and don't reflect how others feel.** | **5 4 3 2 1** |
| 17. | If a crowd gets excited about something so do I. | 1 2 3 4 5 |
| 18. | I feel good when I help someone out or do something nice for someone. | 1 2 3 4 5 |
| 19. | I feel deeply for others. | 1 2 3 4 5 |
| **20.** | **I don't cry easily.** | **5 4 3 2 1** |
| 21. | I feel other people's pain. | 1 2 3 4 5 |
| 22. | Seeing other people smile makes me smile. | 1 2 3 4 5 |
| 23. | Being around happy people makes me feel happy, too. | 1 2 3 4 5 |
| 24. | TV or news stories about injured or sick children greatly upset me. | 1 2 3 4 5 |
| 25. | I cry at sad parts of the books I read. | 1 2 3 4 5 |
| 26. | Being around people who are depressed brings my mood down. | 1 2 3 4 5 |
| **27.** | **I find it annoying when people cry in public.** | **5 4 3 2 1** |
| 28. | It hurts to see another person in pain. | 1 2 3 4 5 |
| 29. | I get a warm feeling for someone if I see them helping another person. | 1 2 3 4 5 |
| 30. | I feel other people's joy. | 1 2 3 4 5 |

* Circle the response which best indicates how much you agree or disagree with each item. (Bold are reversed items.) Total empathy (all items) score plus six other factors:
* Empathic suffering (10 items) 3, 5, 6, 8, 12, 18, 19, 24, 26, 28
* Positive sharing (5 items) 14, 22, 23, 29, 30,
* Responsive crying (4 items) 1, 2, 20, 25
* Emotional attention (4 items) 4, 9, 13, 27
* Feeling for others (4 items) 10, 21, 15, 16
* Emotional contagion (3 items) 7, 11, 17

Notes: Your analysis and interpretation of this test in terms of your self-awareness.