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SAMPLE · fictional data

Sample report

Empathy Quotient Test (EQ)

Self-assessment questionnaire

Test	Date	Questions	Reference
Empathy (EQ)	September 1, 2026	40	00000041

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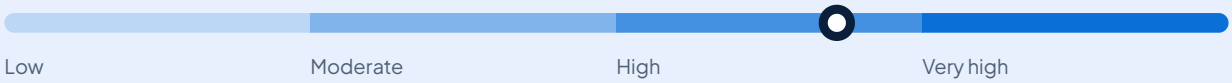
This report is a self-assessment tool. It is not a medical or psychological diagnosis.

Your result

30 / 44

High empathic profile

68 % of the maximum score



You show a well-developed empathic capacity. You are likely attuned to the emotional states of those around you, can take others' perspectives readily, and feel genuinely moved by their experiences. You tend to be responsive in social situations and have a natural inclination to support and include others. This profile reflects a strong social-emotional orientation.

What your answers say

Written by Claude (Anthropic) from your answers.

Alex, your Empathy Quotient result places you in the above-average range: 30 out of 44, roughly the 68th percentile of this short form. Your strongest pattern is affective empathy — other people's emotions genuinely land on you, not just as information but as feeling. You're also quick to adjust how you speak depending on who you're with, and you notice tension in a room before anyone names it. This combination usually makes people feel unusually well understood around you, which is a real asset in close relationships and in any role that involves supporting others. The one item where your answers stood out is comfort with small talk: you find little value in surface-level conversation, which is common even among highly empathic people, since your instinct pulls toward depth rather than breadth. Above-average empathy is a genuine strength, and it is also a resource that can run low. If you regularly feel drained after being around people, that is not a contradiction, it is the cost of absorbing what others feel as readily as you do. Building in deliberate recovery time after emotionally demanding days, and noticing when you are carrying someone else's feelings as your own, will help you sustain this strength rather than burn out on it.

Next steps

Pick one or two. Regularity matters more than duration.

Recommendation

High empathic profile

High empathy is a valuable interpersonal strength. At the same time, it is worth being aware that emotional contagion and over-involvement in others' distress can sometimes lead to empathic fatigue. Maintaining boundaries and developing self-care practices helps sustain your capacity for empathy without burnout.

To talk about it with a professional

Psychologist, therapist, doctor: this report can start the conversation.

- Bring page 2 (result by dimension).
- Note one or two situations that were hard for you lately.
- Say what you would like to change, even vaguely.

This report is a self-assessment tool. It does not replace an assessment by a professional. For a reliable diagnosis, see a neuropsychologist, a psychiatrist or another qualified healthcare professional.

Your answers

Scale from “Strongly Disagree” to “Strongly Agree”.

#	Question	Your answer	Pts
1	I can usually tell when someone is feeling uncomfortable, even if they say nothing.	Neutral	2
2	I find it easy to put myself in someone else's shoes.	Disagree	1
3	When a friend is upset, I can usually figure out why.	Disagree	1
4	I naturally notice small changes in a person's facial expression.	Neutral	2
5	I can sense when a conversation has made someone feel awkward.	Disagree	1
6	I am good at predicting how someone will react to news.	Neutral	2
7	I tend to notice when someone in a group is feeling left out.	Neutral	2
8	I find it easy to understand someone's point of view even if I disagree with it.	Neutral	2
9	I can usually tell when someone is hiding how they really feel.	Disagree	1
10	I quickly notice when someone's tone of voice does not match their words.	Neutral	2
11	I often find myself thinking about how a situation feels from another person's perspective.	Neutral	2
12	I can read between the lines when someone is trying to communicate something indirectly.	Neutral	2
13	I tend to pick up on subtle hints about how people are feeling.	Neutral	2
14	I find it easy to imagine what it is like to be in someone else's situation.	Neutral	2
15	I usually know when someone needs space or comfort without being told.	Neutral	2
16	When I see someone cry, I feel a strong urge to help them.	Neutral	2
17	If a friend is anxious about something, I tend to feel anxious too.	Neutral	2
18	I find it hard to watch others suffer without feeling distressed myself.	Disagree	1
19	I feel moved when I see people reunited after a long separation.	Neutral	2
20	Seeing an animal in pain affects me deeply.	Neutral	2
21	When someone shares good news with me, I genuinely feel happy for them.	Neutral	2

#	Question	Your answer	Pts
22	I feel uncomfortable when I witness someone being humiliated.	Disagree	1
23	If I hear about a tragedy in the news, it stays with me emotionally for a while.	Disagree	1
24	I find it difficult to remain unaffected when someone near me is upset.	Neutral	2
25	I often feel a strong emotional response when watching films or reading about real-life stories.	Neutral	2
26	If someone close to me is going through a hard time, it affects my own mood.	Neutral	2
27	I feel a sense of relief when I know someone I care about is safe.	Disagree	1
28	Witnessing an act of kindness between strangers can move me emotionally.	Neutral	2
29	I find it easy to adjust how I communicate depending on who I am talking to.	Disagree	1
30	I am good at helping people feel at ease in social situations.	Neutral	2
31	I naturally try to include people who seem left out in a conversation.	Neutral	2
32	I tend to check in on friends when I sense something might be wrong.	Neutral	2
33	I find it easy to comfort someone who is going through a difficult time.	Disagree	1
34	I am usually aware of the emotional atmosphere in a room when I enter it.	Disagree	1
35	I try to be sensitive to the needs of others during conversations.	Neutral	2
36	I find it natural to offer encouragement to someone who is struggling.	Neutral	2
37	When I disagree with someone, I try to understand their feelings before responding.	Neutral	2
38	I find myself adapting my tone and behavior based on the emotional state of the people around me.	Disagree	1
39	I generally find it easy to make people feel heard and understood.	Neutral	2
40	I tend to notice when group dynamics shift and try to respond helpfully.	Neutral	2