Scoring System for the Empathy Survey

Once you've tallied your scores from the survey, refer to the scoring ranges below to discover your results. This can give you a better sense of where you currently stand in terms of empathy and provide you insights on areas you may wish to develop further.

- **10-20: Very Low Empathy**
  This score suggests a limited ability to understand or connect with the emotions of others. You may find it challenging to see situations from someone else's perspective or to feel affected by others' experiences. Working on empathy can enrich your relationships and create a more fulfilling, compassionate life.
- **21-30: Low Empathy**
  Falling within this range indicates some awareness of others' feelings, but empathy might not be a consistent part of your interactions. You may sometimes struggle to relate deeply or respond supportively. Developing empathy can help create more meaningful connections with those around you.
- **31-40: Moderate Empathy**
  A score in this range reflects a balanced capacity for empathy. You are generally able to connect with others' emotions and show understanding, but there may still be moments when this connection could be strengthened. Building on this can deepen your relationships and foster more profound connections.
- **41-50: High Empathy**
  Scoring within this range indicates a strong ability to empathize with others. You naturally tune into others' emotions, show understanding, and offer support. This high level of empathy likely enriches your relationships, allowing you to create a supportive, compassionate space for those around you.

Reflect on your score and consider how empathy shows up in your daily interactions. Remember, empathy is a skill that can be cultivated and strengthened, regardless of where you start.

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