

The Empathy Quotient (EQ)

Source: Baron-Cohen, Simon, *The Essential Difference: Men, Women & the Extreme Male Brain*, Penguin Books, UK, 2004.

Read each statement very carefully and rate how strongly you agree or disagree with it.

- | | | | | |
|--|----------------|----------------|-------------------|-------------------|
| 1. I can easily tell if someone else wants to enter a conversation | strongly agree | slightly agree | slightly disagree | strongly disagree |
| 2. I prefer animals to humans | strongly agree | slightly agree | slightly disagree | strongly disagree |
| 3. I try to keep up with the current trends and fashions | strongly agree | slightly agree | slightly disagree | strongly disagree |
| 4. I find it difficult to explain to others things that I understand easily, when they don't understand it first time. | strongly agree | slightly agree | slightly disagree | strongly disagree |
| 5. I dream most nights | strongly agree | slightly agree | slightly disagree | strongly disagree |
| 6. I really enjoy caring for other people. | strongly agree | slightly agree | slightly disagree | strongly disagree |
| 7. I try to solve my own problems rather than discussing them with others. | strongly agree | slightly agree | slightly disagree | strongly disagree |
| 8. I find it hard to know what to do in a social situation. | strongly agree | slightly agree | slightly disagree | strongly disagree |
| 9. I am at my best first thing in the morning. | strongly agree | slightly agree | slightly disagree | strongly disagree |
| 10. People often tell me that I went too far in driving my point home in a discussion | strongly agree | slightly agree | slightly disagree | strongly disagree |
| 11. It doesn't bother me too much if I am late meeting a friend | strongly agree | slightly agree | slightly disagree | strongly disagree |
| 12. Friendship and relationships are just too difficult, so I tend not to bother with them. | strongly agree | slightly agree | slightly disagree | strongly disagree |
| 13. I would never break a law, no matter how minor. | strongly agree | slightly agree | slightly disagree | strongly disagree |
| 14. I often find it difficult to judge if something is rude or polite. | strongly agree | slightly agree | slightly disagree | strongly disagree |
| 15. In a conversation, I tend to focus on my own thoughts rather than on what my listener might be thinking | strongly agree | slightly agree | slightly disagree | strongly disagree |

16. I prefer practical jokes to verbal humour.	strongly agree	slightly agree	slightly disagree	strongly disagree
17. I live life for today rather than the future.	strongly agree	slightly agree	slightly disagree	strongly disagree
18. When I was a child, I enjoyed cutting up worms to see what would happen.	strongly agree	slightly agree	slightly disagree	strongly disagree
19. I can pick up quickly if someone says one thing but means another.	strongly agree	slightly agree	slightly disagree	strongly disagree
20. I tend to have very strong opinions about morality	strongly agree	slightly agree	slightly disagree	strongly disagree
21. It is hard for me to see why some things upset people so much.	strongly agree	slightly agree	slightly disagree	strongly disagree
22. I find it easy to put myself in somebody else's shoes.	strongly agree	slightly agree	slightly disagree	strongly disagree
23. I think that good manners are the most important thing a parent can teach their child.	strongly agree	slightly agree	slightly disagree	strongly disagree
24. I like to do things on the spur of the moment.	strongly agree	slightly agree	slightly disagree	strongly disagree
25. I am good at predicting how someone will feel.	strongly agree	slightly agree	slightly disagree	strongly disagree
26. I am quick to spot when someone in a group is feeling awkward or uncomfortable.	strongly agree	slightly agree	slightly disagree	strongly disagree
27. If I say something that someone else is offended by, I think that that's their problem, not mine.	strongly agree	slightly agree	slightly disagree	strongly disagree
28. If anyone asked me if I liked their haircut, I would reply truthfully, even if I didn't like it.	strongly agree	slightly agree	slightly disagree	strongly disagree
29. I can't always see why someone should have felt offended by a remark.	strongly agree	slightly agree	slightly disagree	strongly disagree
30. People often tell me that I am very unpredictable.	strongly agree	slightly agree	slightly disagree	strongly disagree
31. I enjoy being the centre of attention at any social gathering	strongly agree	slightly agree	slightly disagree	strongly disagree
32. Seeing people cry doesn't really upset me.	strongly agree	slightly agree	slightly disagree	strongly disagree

33. I enjoy having discussions about politics.	strongly agree	slightly agree	slightly disagree	strongly disagree
34. I am very blunt, which some people take to be rudeness, even though this is unintentional.	strongly agree	slightly agree	slightly disagree	strongly disagree
35. I don't tend to find social situations confusing.	strongly agree	slightly agree	slightly disagree	strongly disagree
36. Other people tell me I am good at understanding how they are feeling and what they are thinking.	strongly agree	slightly agree	slightly disagree	strongly disagree
37. When I talk to people, I tend to talk about their experiences rather than my own.	strongly agree	slightly agree	slightly disagree	strongly disagree
38. It upsets me to see an animal in pain.	strongly agree	slightly agree	slightly disagree	strongly disagree
39. I am able to make decisions without being influenced by people's feelings.	strongly agree	slightly agree	slightly disagree	strongly disagree
40. I can't relax until I have done everything I had planned to do that day.	strongly agree	slightly agree	slightly disagree	strongly disagree
41. I can easily tell if someone else is interested or bored with what I am saying.	strongly agree	slightly agree	slightly disagree	strongly disagree
42. I get upset if I see people suffering on news programmes.	strongly agree	slightly agree	slightly disagree	strongly disagree
43. Friends usually talk to me about their problems as they say that I am very understanding.	strongly agree	slightly agree	slightly disagree	strongly disagree
44. I can sense if I am intruding, even if the other person doesn't tell me.	strongly agree	slightly agree	slightly disagree	strongly disagree
45. I often start new hobbies but quickly become bored with them and move on to something else.	strongly agree	slightly agree	slightly disagree	strongly disagree
46. People sometimes tell me that I have gone too far with testing.	strongly agree	slightly agree	slightly disagree	strongly disagree
47. I would be too nervous to go on a big rollercoaster.	strongly agree	slightly agree	slightly disagree	strongly disagree
48. Other people often say that I am insensitive, though I don't always see why.	strongly agree	slightly agree	slightly disagree	strongly disagree

49. If I see a stranger in a group, I think that it is up to them to make an effort to join in.	strongly agree	slightly agree	slightly disagree	strongly disagree
50. I usually stay emotionally detached when watching a film.	strongly agree	slightly agree	slightly disagree	strongly disagree
51. I like to be very organized in day to-day life and often make lists of the chores I have to do.	strongly agree	slightly agree	slightly disagree	strongly disagree
52. I can tune in to how someone else feels rapidly and intuitively.	strongly agree	slightly agree	slightly disagree	strongly disagree
53. I don't like to take risks.	strongly agree	slightly agree	slightly disagree	strongly disagree
54. I can easily work out what another person might want to talk about.	strongly agree	slightly agree	slightly disagree	strongly disagree
55. I can tell if someone is masking their true emotion.	strongly agree	slightly agree	slightly disagree	strongly disagree
56. Before making decision I always weigh up the pros and cons.	strongly agree	slightly agree	slightly disagree	strongly disagree
57. I don't consciously work out the rules of social situations.	strongly agree	slightly agree	slightly disagree	strongly disagree
58. I am good at predicting what someone will do.	strongly agree	slightly agree	slightly disagree	strongly disagree
59. I tend to get emotionally involved with a friend's problems.	strongly agree	slightly agree	slightly disagree	strongly disagree
60. I can usually appreciate the other person's viewpoint, even if I don't agree with it.	strongly agree	slightly agree	slightly disagree	strongly disagree

People with a high empathy quotient are thought to be better at language, at understanding another's point of view and reading another person's body language.

Self-analysis

Do you consider your empathy quotient is likely to be:

☐

Low

☐

Average

☐

Above Average

☐

Very High

Briefly explain why you think your result will be as you predict and what is this likely to tell you about yourself and your interaction with others?