

EMPATHY INDICATOR

How often in the past 2 months have you experienced the following?

Empathy is the ability to *see life through the eyes of others*, and to be *forgiving* and tolerant of yourself and others. Key skills include *withholding judgement* of others, believing that *everyone has value* and a story to tell, and forgive and release as often as you can. *Holistically we are aiming at developing perspective.*

0 = never; 2 = most months; 4 = most weeks; 6 = most days

NO	QUESTION	RATING						
1	I can help others to save face in a tough situation	0	1	2	3	4	5	6
2	I deal with people in an ethical manner	0	1	2	3	4	5	6
3	I am able see things from someone else's standpoint	0	1	2	3	4	5	6
4	I forgive and accept myself for not being perfect	0	1	2	3	4	5	6
5	I can see and feel the pain in others even if they do not verbalise it	0	1	2	3	4	5	6
6	I will go out of my way to help someone in trouble, without hesitation	0	1	2	3	4	5	6
7	I consider others	0	1	2	3	4	5	6
8	I can see where people are at from their body language	0	1	2	3	4	5	6
9	My shortcomings do not bother me	0	1	2	3	4	5	6
10	When I succeed at something, I focus on what I did well rather than what I did not	0	1	2	3	4	5	6
11	I forgive people daily, and situations that I become aware of, that I have not	0	1	2	3	4	5	6
12	I am comfortable that we all have different talents, purpose, and possessions	0	1	2	3	4	5	6

SCORING:

(Burnout: 0-42); (Pressure: 43-52); (Balancing: 53-58); (Optimal: 59-72)