

Are you an empath?

Have people always told you that you were “too sensitive?”

Yes No

Does a room full of strangers make you want to run, feeling great relief once outside?

Yes No

Do you say “yes” when you really want to say “no”?

Yes No

Have your emotions run your life?

Yes No

Have you felt like a misfit who’s landed on the wrong planet?

Yes No

Do you abhor violence and stay away from scary movies?

Yes No

Do you freeze when you’re being criticized?

Yes No

Are you a perfectionist?

Yes No

Do you feel that you can absorb other people’s emotions?

Yes No

Are you bored by small talk?

Yes No

Do you take rejection personally?

Yes No

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www.trueheartraining.com • diana@trueheartraining.com

408-309-9833

Does having deep conversations make you happy?

Yes No

Are loud noises and bright lights bothersome?

Yes No

Is it difficult for you when change occurs?

Yes No

Is it hard for you to sleep in unfamiliar places?

Yes No

Do you sometimes feel like an imposter even when others see you as a success?

Yes No

Do you feel depleted when you don't have time to rest and decompress?

Yes No

Are you prone to anxiety or depression?

Yes No

Would you rather be alone enjoying your own company?

Yes No

Is it challenging to work in a structured corporate setting?

Yes No

Do you feel you don't fit in with most people?

Yes No

Can you feel when someone is not being authentic?

Yes No

If you answered yes to most of these questions, you are part of a tribe of intelligent, creative, intuitive people called empaths or highly sensitive people.

Congratulations!