

Clair Senses Quiz

Those with a high level of empathic ability tend to have certain experiential commonalities, including the items on this list. Grab a pencil and check off (or mentally note) the qualities that fit you personally. Keep in mind that there are no strict rules for "being" an empath, but there are still plenty of similarities between individuals of high empathetic capacity. Not every item on this list will be personally relevant, but if you've circled at least twenty of these points, you, my friend, could be considered a strong empath.

- I been labeled as "overly sensitive," shy, or introverted.
- I frequently get overwhelmed or anxious.
- Arguments or yelling make me ill.
- I often feel like I don't fit in.
- I feel drained by crowds and need alone time to revive myself
- I am over stimulated by noise, odors, or non-stop talkers.
- I prefer taking my own car places so I can leave early if I need to.
- I overeat or don't eat to cope with stress.
- I am afraid of becoming suffocated by intimate relationships.
- I tend to socially isolate.
- I absorb other people's stress, emotions, or symptoms.
- I replenish myself in nature.
- I need a long time to recuperate after being with difficult people.
- I feel better in small cities or the country than large cities.
- I prefer one-to-one interactions or small groups rather than large gatherings.
- I can relate to a wide variety of people and perspectives.
- I sometimes can't tell my own emotions from those of others.
- I have a natural inclination toward all things mystical, spiritual, and multicultural.

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- I have a personality that is generally kind, easygoing, and gentle in nature.
- I have the ability to communicate with anyone "on their level".
- I frequently mirror other people's mannerisms, expressions, and accents unconsciously.
- Friends (and even strangers) feel that they can tell me anything or trust me with their secrets.
- I have increased sensitivity toward sensory input such as sounds, lights, scents, textures, and tastes.
- I have the ability to step into the emotional energy of a person, place, or situation.
- I have a strong desire to avoid anger, aggression, or confrontations of any kind.
- I have a desire to alleviate suffering and help others in need, including strangers.
- I can see beyond people's façades and social posturing.
- Contemplating how things work or come into being; wanting to see behind the scenes
- Having a touchy-feely personality and a generally warm demeanor
- A tendency to be extremely generous, thoughtful, and forgiving

To calculate your results:

If you answered yes to one to five questions, you're at least partially an empath.

Responding yes to six to ten questions means you have moderate empathic tendencies.

Responding yes to eleven to fifteen means you have strong empathic tendencies.

Answering yes to more than fifteen questions means that you are a full-blown empath.

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You Scored 10 or More!

If you scored 10 or more watch this masterclass to determine what type of Clair you might be and some ways to expand and protect your gift.

