

Multi-Dimensional Emotional Empathy Scale (Caruso & Mayer,1998).		
1.	I feel like crying when watching a sad movie.	Strongly Disagree 1 2 3 4 5 Strongly Agree
2.	Certain pieces of music can really move me.	1 2 3 4 5
3.	Seeing a hurt animal by the side of the road is very upsetting.	1 2 3 4 5
4.	I don't give others' feelings much thought.	1 2 3 4 5
5.	It makes me happy when I see people being nice to each other.	1 2 3 4 5
6.	The suffering of others deeply disturbs me.	1 2 3 4 5
7.	I always try to tune in to the feelings of those around me.	1 2 3 4 5
8.	I get very upset when I see a young child who is being treated meanly.	1 2 3 4 5
9.	Too much is made of the suffering of pets or animals.	1 2 3 4 5
10.	If someone is upset I get upset, too.	1 2 3 4 5
11.	When I'm with other people who are laughing I join in.	1 2 3 4 5
12.	It makes me mad to see someone treated unjustly.	1 2 3 4 5
13.	I rarely take notice when people treat each other warmly.	1 2 3 4 5
14.	I feel happy when I see people laughing and enjoying themselves.	1 2 3 4 5
15.	It's easy for me to get carried away by other people's emotions.	1 2 3 4 5
16.	My feelings are my own and don't reflect how others feel.	1 2 3 4 5
17.	If a crowd gets excited about something so do I.	1 2 3 4 5
18.	I feel good when I help someone out or do something nice for someone.	1 2 3 4 5
19.	I feel deeply for others.	1 2 3 4 5
20.	I don't cry easily.	1 2 3 4 5
21.	I feel other people's pain.	1 2 3 4 5
22.	Seeing other people smile makes me smile.	1 2 3 4 5
23.	Being around happy people makes me feel happy, too.	1 2 3 4 5
24.	TV or news stories about injured or sick children greatly upset me.	1 2 3 4 5
25.	I cry at sad parts of the books I read.	1 2 3 4 5
26.	Being around people who are depressed brings my mood down.	1 2 3 4 5
27.	I find it annoying when people cry in public.	1 2 3 4 5
28.	It hurts to see another person in pain.	1 2 3 4 5
29.	I get a warm feeling for someone if I see them helping another person.	1 2 3 4 5
30.	I feel other people's joy.	1 2 3 4 5