

Caring, Not Carrying: An Empath Tool Kit

Develop an appreciation for your gifts as an empath and learn self-care. Trust your intuition!

Traits of an Empath

Check the ones that feel true or mostly true for you. How many of these apply to you?

1. You possess a knowing that goes beyond how we think of intuition.
2. You sense deep emotions in others and often take them on as your own.
3. You are often exhausted after being around people in public.
4. You do not like to watch violence, cruelty, or tragedy on TV or at the movies.
5. You know when someone is not being honest.
6. When a person close to you is suffering, you may experience physical symptoms that they are dealing with.
7. You may be challenged with digestive disorders and/or lower back issues.
8. You always look out for the underdog.
9. You are often a dumping ground for everyone else's problems.
10. You experience constant fatigue.
11. You have addictions that you turn to as self-protection from the emotions or energies of others.
12. You are drawn to healing, holistic therapies, and all things metaphysical.
13. You are intrigued by anything supernatural.
14. You are creative.
15. You love nature and animals.
16. You need solitude.

17. You may get bored or distracted easily if you are not stimulated.
18. You don't tolerate doing things that you don't enjoy.
19. You are a seeker of truth.
20. You are always looking for answers and knowledge.
21. You like adventure, freedom, and travel.
22. You do not like clutter.
23. Routines, rules, and control are imprisoning for you.
24. You may be prone to carry weight without necessarily overeating.
25. You are an exceptional listener. You may not talk about yourself so much unless the person is someone you really trust.
26. You are highly expressive in all areas of emotional connection.
27. Even strangers will come up to you and divulge their deepest feelings.
28. You do not tolerate narcissism. However, you may attract narcissists in intimate relationships because they initially seem so caring.
29. You choose not to buy anything second-hand.
30. You may sense the energy of food.
31. What you are feeling shows on your face.
32. To other people, you may appear moody or shy.
33. You may have trouble receiving compliments, being more inclined to point out another's positive attributes.
34. You are likely to ignore your own needs.
35. You are incredibly uncomfortable with conflict in situations.
36. You have been told you are "too sensitive" or "too emotional."

37. You may experience the energy of a tragic event that has happened or will happen somewhere in the world.
38. You may dream of future events.
39. You may have the ability to heal other living creatures.
40. You sense the feeling in a room, the “vibe,” just by walking in.
41. You are easily moved to tears by deep feeling.
42. You may be affected by the weather.
43. In times of global chaos, the energy of the collective may be overwhelming.
44. You may frequently experience déjà vu and synchronicities.
45. You may have had varying paranormal experiences throughout your life.
46. You may experience mood swings because of the thoughts and feelings you receive from others.
47. You are a vivid and/or lucid dreamer.
48. You may have very acute senses.
49. You are easily startled by a loud noise.
50. Your greatest gift is to perceive with the heart.
51. Water is very beneficial and therapeutic for you.
52. You are emotionally drained by crowds, requiring time alone to revive.
53. You prefer taking your own car places so that you can leave when you please.
54. You are afraid of becoming engulfed by intimate relationships.

Embrace your sensitivity as a gift and step into your power. Begin your journey with us today.

Contact Us

Ready to explore our empath services? Reach out to Goddess Consulting to schedule a session or learn more. Your transformation starts here. Email info@goddess-consulting.com