

20 SIGNS YOU MIGHT BE AN EMPATH

1. Have I ever been labeled overly sensitive, shy, or introverted?
2. Do I frequently get overwhelmed or anxious?
3. Do arguments and yelling make me ill?
4. Do I often feel like I don't fit in?
5. Do crowds drain me, and do I need alone time to revive myself?
6. Do noise, odours, or non-stop talkers overwhelm me?
7. Do I have chemical sensitivities or a low tolerance for scratchy clothes?
8. Do I prefer taking my own car to places so that I can leave early if I need to?
9. Do I overeat to cope with stress?
10. Am I afraid of becoming suffocated by intimate relationships?
11. Do I startle easily?
12. Do I react strongly to caffeine or medications?
13. Do I have a low pain threshold?
14. Do I tend to socially isolate?
15. Do I absorb other people's stress, emotions, or symptoms?
16. Am I overwhelmed by multitasking, and do I prefer to do one thing at a time?
17. Do I replenish myself in nature?
18. Do I need a long time to recuperate after being with difficult people or energy vampires?
19. Do I feel better in small towns or the country rather than large cities?
20. Do I prefer one-to-one interactions and small groups to large gatherings?



HOW TO CALCULATE YOUR RESULTS

If you answered 'yes' to ...

- 1 to 5 questions you are at least a partial empath.
- 6 to 10 moderate empath tendencies
- 11 to 15 strong empath tendencies
- more than 15 you are a full blown empath.

PROTECTION STRATEGIES

Shielding is a quick way to protect yourself as in safe bubble to block out toxic energies so you won't get so drained.

Grounding and Earthing help you to be fully present in your body, Mind and Spirit.. Calming our nervous system as we connect to Mother Earth's deeply healing energy.

If you wish to explore more Life Strategies, Energy Medicine and Shamanic Journeying Work tailored to help Empaths and Sensitive People please book an one-on-one session with me!



Energy Medicine for Mental Health & Emotional Well-Being
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