

Are You an Empath?

Tiny but Mighty Signs You're a Highly
Sensitive Person

Embodied Empath 2025

Angie Lee

Chapter 1

Empath Personality Test (Updated for 2025)

1 You have a deep, intuitive sense of “Knowing”: Empaths feel things that most folks don’t. We know things before we’re told. We “see” things that are invisible to others.

We have a **DEEP CONNECTION TO OUR INTUITIVE SENSES** that transcends simple gut feelings or instinct alone. You abhor violence in movies, on TV or obviously in real life. Why?

Because you take on the pain of the victim. Even if you’re watching a fictional portrayal of violence, you feel a sense of dis-ease seeing others in pain. Crowds, cramp your comfort.

You don’t like big public gatherings, and often feel overwhelmed with the energies and emotions of other humans (and non humans!) sharing your space.

You absorb energy. All empaths are sponges, and taking on the emotional energy of others, is a huge trigger (and

trait) that shows you are an empath. Feeling others emotions and taking them on as your own.

You may sense negativity, even in thought form....from a great distance away. Negative people, especially those whose lives intersect or intertwine with your own, affect you in ways that others find easy to overlook.

You can sense negative thought patterns, even unspoken ones. And if directed at you, it's painful....and a problem. You are a human lie detector! People know better than to lie around you.

YOU SEE THROUGH BULLSHIT AND DECEIT better than the best law enforcement agents on TV. If someone is not forthright and honest, you feel it fast – and often before anyone else.

You are a savior with an eye for the underdog. Many empaths have a much easier time standing up, or speaking up for others, than we do for ourselves.

Your activism is almost always aimed at helping others, or serving those who are struggling. (even if you struggle to speak up for yourself on other occasions) **Healer empaths are often animated by action**, and we find our voice, and our purpose, in the service of stepping up and serving those who can't help themselves.

If this is you.....**don't stop doing what you do!** You absorb physical discomfort, pain and illness from others in your orbit. Any ailments or symptoms that others close to you experience, inevitably, will land in your lap as well. You may develop physical pain around the energy centers of the body. Empaths are carriers, and energy is heavy. If you suffer from

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perpetual back, leg, hip and neck problems, it's often an energetic imbalance that arises from holding on to the pain (and problems) of others in your orbit...and manifesting (or absorbing) their issues as your own. You are the sounding board for all.

8 People find it easy to talk to you, and will spontaneously (sometimes) data dump all of their issues on you. Strangers, friends, family, co-workers and others are attracted to your empathetic nature, and seek solace (and release) from sharing (sometimes OVER-SHARING their challenges with you.

14 Creativity is important to you. Self expression is a deep need. (even if you don't love to talk, or share with others, getting stuff "out" into the world through art, writing, journaling, music or other forms of expression is something that is key to your sanity, and sense of power and peace.

15 You are insatiably curious. You wonder about the world. Your curiosity is rooted in a deep sense of appreciation of the natural world around us all. You feel the magic, embrace the mystery and seek out meaning where others often don't see (or feel) anything at all. You prioritize spiritual growth. Learning and growing is inspiring to you, and you find metaphysical topics particularly stimulating and exciting.

16 You seek solitude and safety. You are a "nester" and creating a safe home space is key for your mental health. **You recharge batteries often**, by being alone, or taking a break from close friends, family and loved ones alike. You have a particular love of animals and pets. Empaths are often some of the most strident animal activists. (part of the savior

personality type, and the appeal of the underdog as well) You are more attracted to purpose, than profit in work, career and livelihood.

17 You get bored very, very easy. An empath needs to be stimulated. Boredom, or repetition is often anathema for empaths, and other sensitive people...as the sense of being bored or disinterested can be much higher and uncomfortable for us.

18 You are spontaneous, and sometimes to a fault. Sometimes, you'll suffer from a LACK of planning, or suffer the downside of being a disorganized free spirit. Routine is not exciting to you.

Adventure, even if it's merely INNER adventure, **is your passion, and you express it with often.**

19 Deep listening is your gift.

You listen with your fully body...and down to your bones. You pay attention, fully, completely and without reservation, when in the company of a loved one in crisis. You connect with conversation in a way that makes you the preferred confidante for friends, family and even strangers who need a helping hand. It goes without saying, empaths make the best listeners, and as a result, we can be "*the best friend*" to many in our orbit.

20 You experience psychometry on a regular basis, and dress, decorate and style yourself (and your spaces) accordingly.

PSYCHOMETRY IS PICKING UP THE ENERGY (OR EMOTIONS) FROM OBJECTS AND YOU DON'T LIKE HAND ME DOWNS....WHETHER THAT'S

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CLOTHES, HOME DECOR, FURNITURE OR OTHERWISE, UNLESS YOU KNOW (AND LOVE) THE PREVIOUS OWNERS.

21 Narcissism is something you have no tolerance for. The opposite of a true empath is a text book narcissist. If you spot one in your close company, you will NOT make fast friends. (note...the irony is, many ONLINE (or public) empaths are actually narcissists in disguise. They play the role for profit or public fame....but in reality, are some of the most self absorbed A\$\$holes in the world)

22 Even MORE empath personality traits, types and signs you're an introspective empath or spiritually sensitive person?

23 Here are some of the suggestions/additions submitted by our readers and subscribers to describe their own experience of being an empath. If you'd like to share yours, join our tribe here, and share your own signs/traits and inner experiences!

#vibewithourtribe

24 Many empaths have a phobia/or strong fear around being trapped in un-natural places and spaces. While we may *like and enjoy the energy of cities and urban areas*, these can be unsettling, and often traumatic places to live for sensitive people.

25 As we've already described, loud noises can trigger an empaths startle response **and create high levels of anxiety.** In addition, iron, steel and concrete are the quintessential NON living things....and being surrounded by this sort of atmosphere can play tricks on our system. (and often lead to depression, disconnect and sense of being lost)

26 Nature, as always, is an almost instant cure...and in my own life, I find leaving the city and heading back to nature is the quickest way to re-charge, rejuvenate and re-connect with my authentic self. You may APPEAR to be standoffish to others.

It's just your way. And anyone who comes to know you well, will understand that, and eventually appreciate it's part of your gift.

27 Intimacy can feel like the enemy. You have a lot of love to give, but sometimes feels overwhelmed by intimacy.

Closeness, even that which you crave, can lead to uncomfortable feelings, too.

28 Big personalities are a turn off. You connect with people who are more down to earth, understated and a bit more even keel. The obnoxious, larger than life, center of attention personality type is not the sort of friend a natural empath gravitates to....although, be careful – they often gravitate to us!

29 Sensory overload is often a multi-sensory experience.

How? Smells (like a perfume or fragrance) in combination with a sound (most notably unexpected sounds that intrude on your sense of safety and well being) and physical sensations are bleed and blend into an experience that can feel overwhelming.

30 Like #24 above, empaths, and sensitive people have a much lower startle response threshold. You may feel anxious, panicked or even “racy” when surprised by a knock at a door, or an unexpected visitor in your space. (many empaths report being easily startled by housemates, family members and even spouses who appear in a room or hallway without announcing themselves in advance.

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31 You struggle to fit in, or to feel accepted by peers. Many empaths feel a deep sense of disappointment in how we are treated by our friends, family and professional peers. Why?

Because we tend to give our “all” to others who need our help – whether that be to share a problem, a shoulder to cry on, or someone to emote to, or empathize with, and yet....when the tables are turned, we don't feel we get the same level of connection, and commitment in return.

32 This can lead to many empaths feeling cynical about socializing, and can lead to deeper levels of isolation and even a persistent state of feeling low grade lonely.

33 You are a malignant narcissist's sworn enemy. Why?

Because manipulative people can often show up as the *most empathetic* and even charming.....but it's a toxic sort of empathy. (the kind that is designed to take advantage or gain the trust of the person who is in the crosshairs of the narcissist's attention or crosshairs)

34 A real empath has the tools and self awareness to see through this, and senses a deep duplicity and a double cross on the drop. In some sense, you see through the facade and can serve to protect others who would otherwise be in harms way from a self centered, manipulative or on occasion.....a deeply disturbed personality type.

35 If more than half of the above is YOU 😊 – you are most certainly on the empathic personality spectrum.

Discovering this about yourself is not only amazingly freeing, it's the first step to seizing your gift and living the life you'll love.

Angie Lee



The two most important days of your life are the day you are born, and the day you discover why. – Mark Twain

Chapter 2

2025 Resources for Highly Sensitive People

1. Find your people! **Come VIBE WITH OUR TRIBE IN 2025.**
2. 32 printable empath quiz cards (digital download)
3. **EMBODIED EMPATH BUNDLE** (complete collection of content, courses, quizzes and workbooks for light workers, healers, empaths and enlightened entrepreneurs)
4. **FREE SOCIAL MEDIA ITEMPLATES FOR EMPATHS**, community leaders, coaches, leaders, authors, and teachers (Enlightened Entrepreneur 2025)
5. How to **DISCOVER YOUR LIFE PURPOSE FOR EMPATHS, INTROVERTS AND HIGHLY SENSITIVE SPIRITUAL SEEKERS.** (free workbook for “stuck” empaths who feel called to more in life)

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2024 in three words

Pick 3 words that captured the spirit of last year

If your life were a book....

If a book/movie were commissioned about **your life**, last year, what would the **title be**?

Say Goodbye.....

What are you are finally ready to **say goodbye to** as we enter 2025. Remember, life is always **NOW** - there is only this moment. No matter where you've been - be kind to yourself - and just begin again

Be kind to your mind

You are awake, alert and
fully alive in this very
moment. The best is yet to
come. Celebrate with us!

If you've enjoyed this exercise, please join us for a full year of content, courses, coaching, workbooks and worksheets for empaths, introverts and highly sensitive people.

