



EMPATH™  
EVOLUTION

Michelle J. Howe | Founder

## 30 Traits of an Empath - Copyright 2015-2019 Empath Evolution, LLC

1. **Knowing:** *Empaths are observant and aware of people. They have a knowing beyond mere simple intuition and this skill gets stronger as they grow in awareness and trust of Self.*
2. **Does NOT enjoy spending time in public places:** *Empaths will limit their time in public places like shopping malls or crowded events. They prefer small or one-on-one gatherings.*
3. **Absorbs and feels the emotions of others as their own.**
4. **Avoids watching, listening or reading anything with violence or cruelty.**
5. **Knows when someone is being dishonest:** *If someone is lying, an Empath will know.*
6. **Prone to feeling anxiety, depression or overwhelm for no apparent reason.**
7. **Digestion issues or lower back pain:** *This correlates to our emotional energy centers.*
8. **Sees beyond the outside, superficial masks or words spoken.**
9. **Friends or even perfect strangers share their personal stories.**
10. **Battles with fatigue:** *Empaths are often drained from daily activity and interaction.*
11. **Addictive behaviors:** *Alcohol, drugs, sex, or food are used to help them relax or be calm.*
12. **Drawn to healing, holistic or metaphysical concepts.**
13. **Creative:** *Singing, dancing, acting, drawing or writing are strong loves for the Empath.*
14. **Enjoys being in nature and around animals:** *The energy of animals and nature is healing.*
15. **Needs time in solitude:** *Most Empaths are introverts who can play at being extraverts.*
16. **Bored or distracted easily:** *An Empath can easily switch to daydream or doodle.*
17. **Finds it impossible to do things they don't enjoy:** *Empaths cannot be forced.*
18. **Chameleon abilities:** *Empaths can adjust easily to connect with different types of people.*
19. **Seeks knowledge/wisdom:** *Empaths have a very active mind that probes for answers.*
20. **Likes adventure, freedom and travel:** *Empaths are free spirits and like independence.*
21. **Abhors clutter:** *For many Empaths, clutter is a turn-off.*



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- 22. Loves to daydream:** *An Empath can stare into space for hours.*
- 23. Finds routine, rules or control, imprisoning.**
- 24. Inclined to carry extra weight without necessarily overeating.**
- 25. Excellent listeners:** *Empaths love to listen, learn and know others.*
- 26. Intolerant to narcissism:** *An Empath will spot and avoid egotistic people.*
- 27. Ability to feel physical symptoms of another.**
- 28. Not always interested in purchasing antiques, vintage or second-hand.**
- 29. Sensitive to noise level or simultaneous stimuli.**
- 30. Can appear moody, shy, aloof, unsociable or disconnected.**

*If you can answer YES to many of these traits, **you are an Empath.***

*Empaths are NATURAL FEELERS in the world. Although everyone feels, those with stronger sensitivity will be more challenged. Their auras are more fluid and porous – allowing them to connect more intimately with others and be more impacted by those exchanges and the environments. This sensitivity is a unique gift with purpose. If you are struggling, it's time to learn more.*



*Michelle J. Howe is the founder of Empath Evolution. She's a highly attuned Empath serving today as an Awakening Teacher, Healer and Speaker.*

*Empath Evolution is here to share, guide and teach those who are ready for an expansion to joy – to move beyond mental and emotional struggles – by embracing new thoughts, concepts and tools relating to energy, empathy and emotional empowerment.*

*To learn more, visit [www.empathevolution.com](http://www.empathevolution.com).*