Empathy is defined as an intellectual and emotional awareness and understanding of another’s thoughts, feelings, and behavior. This definition of empathy shows that traditionally empathy has been paired more so with cognitive/emotional states of understanding, but empathy also causes physiological changes as well. Previous studies have shown that empathy can cause temperature changes in the periphery, as a result of autonomic activation (Cooper, 2014). The goal of this study is to better understand physiological empathy and its impact on temperature change, as well as to compare whether time of day would impede upon, or enhance this reaction. To elicit an empathetic response, individuals will view a short video of a researcher inserting their hand into ice water. Physiological empathy will be assessed using a hand thermometer being worn by the participant. Results are expected to show that time of day will have an effect on the physiological empathetic response of temperature change, due to the fact that humans have a temperature circadian rhythm (Weinert, 2007). The results of this study may indicate that at least some components of the empathetic response are affected by circadian rhythms.