



Highly Sensitive Person Self-Assessment

____ I am easily overwhelmed by strong sensory input.

____ I seem to be aware of subtleties in my environment.

____ Other people's moods affect me.

____ I tend to be very sensitive to pain.

____ I find myself needing to withdraw during busy days, into bed or into a darkened room or any place where I can have some privacy and relief from stimulation.

____ I am particularly sensitive to the effects of caffeine.

____ I am easily overwhelmed by things like bright lights, strong smells, coarse fabrics, or sirens close by.

____ I have a rich, complex inner life.

____ I am made uncomfortable by loud noises.

____ I am deeply moved by the arts or music.

____ My nervous system sometimes feels so frazzled that I just have to go off by myself.

____ I am conscientious.

____ I startle easily.

____ I get rattled when I have a lot to do in a short amount of time.

____ When people are uncomfortable in a physical environment I tend to know what needs to be done to make it more comfortable (like changing the lighting or the seating).

_____ I am annoyed when people try to get me to do too many things at once.

_____ I try hard to avoid making mistakes or forgetting things.

_____ I make a point to avoid violent movies and TV shows.

_____ I become unpleasantly aroused when a lot is going on around me.

_____ Being very hungry creates a strong reaction in me, disrupting my concentration or mood.

_____ Changes in my life shake me up.

_____ I notice and enjoy delicate or fine scents, tastes, sounds, works of art.

_____ I find it unpleasant to have a lot going on at once.

_____ I make it a high priority to arrange my life to avoid upsetting or overwhelming situations.

_____ I am bothered by intense stimuli, like loud noises or chaotic scenes.

_____ When I must compete or be observed while performing a task, I become so nervous or shaky that I do much worse than I would otherwise.

_____ When I was a child, my parents or teachers seemed to see me as sensitive or shy.

If you answered more than 14 of the questions as true of yourself, or you answered fewer than 14 but they were extremely true, you are probably highly sensitive.

** This is just a broad sweep of the topic and is not conclusive. **

** It is purely to gauge yourself against general HSP sensitivities. **

This Self-Test was developed by Dr. Elaine Aron, © 1996

Based on her book *The Highly Sensitive Person*.

