

## A Highly Sensitive Self-Test

Answer each question according to the way you personally feel.

Check the box if it is at least somewhat true for you; leave unchecked if it is not very true or not at all true for you.

- ☐ I seem to be aware of subtleties in my environment.
- ☐ Other people's moods affect me.
- ☐ 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
- ☐ 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 deeply moved by the arts or music.
- ☐ My nervous system sometimes feels so frazzled that I just have to go off by myself.
- ☐ I have a strong intuition.
- ☐ I get rattled when I have a lot to do in a short amount of time.
- ☐ I tend to know what needs to be done to make people 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.
- ☐ I find it unpleasant to have a lot going on at once.
- ☐ I feel other peoples feelings and take them on as my own
- ☐ As a child, I was labeled sensitive or shy