

HSP self-test web page

I am a Highly Sensitive Person, a HSP. I focus my practice on strengthening HSPs well-being to easily navigate the modern world and share their much needed gifts with others. If you are an HSP, or believe someone in your community of loved ones may be an HSP, below is information to begin your journey.

Gatherings for Highly Sensitive People

March 22, 29, April 5, 2012

6 – 7:30 pm

[Get details and register](#)

Are you Highly Sensitive? A self-assessment.

By Elaine N. Aron, Ph.D., author of *The Highly Sensitive Person*

Answer each question according to the way you feel. Answer true if it is at least somewhat true for you. Answer false if it is not very true or not at all true for you.

I seem to be aware of subtleties in my environment.	T	F
Other people's moods affect me.	T	F
I tend to be very sensitive to pain.	T	F
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.	T	F
I am particularly sensitive to the effects of caffeine.	T	F
I am easily overwhelmed by things like bright lights, strong smells, coarse fabrics, or sirens close by.	T	F
I have a rich, complex inner life.	T	F
I am made uncomfortable by loud noises.	T	F
I am deeply moved by the arts or music.	T	F
I am conscientious.	T	F
I startle easily.	T	F
I get rattled when I have a lot to do in a short amount of time.	T	F
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).	T	F
I am annoyed when people try to get me to do too many things at once.	T	F
I try hard to avoid making mistakes or forgetting things.	T	F
I make it a point to avoid violent movies and TV shows.	T	F
I become unpleasantly aroused when a lot is going on around me.	T	F
Being very hungry creates a strong reaction in me, disrupting my concentration or mood.	T	F
Changes in my life shake me up.	T	F
I notice and enjoy delicate or fine scents, tastes, sounds, works of art.	T	F
I make it a high priority to arrange my life to avoid upsetting or overwhelming situations.	T	F
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.	T	F
When I was a child, my parents or teachers seemed to see me as sensitive or shy.	T	F

Understanding your results:

If you answered true to 12 or more of the questions, you're probably highly sensitive. But, no psychological test is so accurate that you should base your life on it. If only one or two questions are true of you, but they are extremely true, you might also be justified in calling yourself highly sensitive.

Caring for the health of a highly sensitive person (HSP)

As you can see by the range of questions in the self-assessment, sensitivities show up in a wide range of circumstances, situations and experiences. In contemporary life, this means more opportunity for burdens on the physical, mental, emotional, and spiritual being of HSPs. Leading the life others live can result in challenging states of discomfort and even illness for HSPs.

Most HSPs find the experience of locating healthcare professionals who understand their nature and needs is, at best, a complex process. Many HSPs, regardless of their particular sensitivities find they're sensitive to modern, pharmaceutical drug-based medicine. The drugs are often too intense for sensitive systems, thus patients will experience a range of the known, or unknown "side effects." Sometimes the drugs leave patients feeling worse, and dealing with additional problems, than before taking the drug.

Most HSPs experience improved well-being with few, if any, "side effects" from more gentle medicines; including: homeopathic, naturopathic, Scenar; or the ancient sciences of Chinese Medicine or Ayurveda. The key is to find a practitioner who understands the HSP's sensitivities and focuses their practice in the more gentle medical sciences.

Sharing the gifts of being HSP: we are the ones we have been waiting for

The world needs the gifts of HSPs. HSPs are artists, visionaries, teachers and healers; all uniquely able to sense and respond to life situations that are less than optimal humanity to flourish and to use this as a guidance system to shape a healthy world for all. HSPs are the canaries in the coal mine of our modern world. How will you use your gifts of being sensitive?

As changes seem more rapid, and even sometimes more intense, as an HSP, you may find this Native American outlook inspiring:

“At a Native American gathering in Arizona for the 1999 summer solstice, a Hopi elder said: ‘There is a river flowing now, very fast. It is so great and swift that there are those who will be afraid. They will try to hold on to the shore. They will feel they are being torn apart and suffer greatly. Know that the river has its destination. The elders say we must push off into the middle of the river, keep our eyes open and our heads above the water. See who is in there with you and celebrate. At this time in history we are to take nothing personally, least of all ourselves, for the moment we do that, our spiritual growth comes to a halt. The time of the lone wolf is over. Gather yourselves; banish the word ‘struggle’ from your attitude and vocabulary. All that we do now must be done in a sacred way and in celebration. We are the ones we have been waiting for.’” (From: Meditations from the Mat by Rolf Gates and Katrina Kenison)