



# Self-Quiz

Am I a  
Highly Sensitive  
Person?



# Am I a Highly Sensitive Person?

## Instructions

For each question or statement, circle the number that represents where you feel you fall on the continuum.

### 1. How do your own emotions effect you?

I don't pay much attention to my emotions.

0

1

2

3

I often feel blind-sided by my emotions.

4

### 2. How do you respond to sudden change of plans?

I roll with the flow. Changes happen. I'm flexible.

0

1

2

3

Sudden changes make me feel disoriented and confused.

4

### 3. Scents and smells – i.e. perfumes, air fresheners, fabric softeners

I don't tend to notice scents or smells.

0

1

2

3

I pick up on subtle scents & can get headaches from strong smells.

4

### 4. I feel like something is different and/or wrong with me.

Never

0

1

2

3

Frequently

4

### 5. What do you do after you've made a mistake?

After making a mistake, I move right on.

0

1

2

3

After making a mistake I mull it over, sometimes for a long time.

4



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## 6. I've been told, "You're just too sensitive!"

Never

Often

0

1

2

3

4

## 7. Repetitive noises - i.e. faucet dripping, pen tapping, cricket chirping

I screen out repetitive noises.

Repetitive noises drive me to distraction.

0

1

2

3

4

## 8. As a child, I was called a "cry baby" and/or a "drama queen."

Never

Regularly

0

1

2

3

4

## 9. How do other people's emotions effect you?

I'm oblivious to others' emotions.

I feel others' emotions as if they're my own.

0

1

2

3

4

## 10. Uncomfortable textures – i.e. itchy sweater, scratchy tag

I'm not really aware of different textures.

I am irritated by uncomfortable textures.

0

1

2

3

4

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## 11. How much time does it take you to process new information?

I process new information in the moment.

0

1

2

3

I need 24-48 hours to process new information.

4

## 12. How do you react to unexpected loud noises?

Unexpected loud noises rarely faze me.

0

1

2

3

Unexpected loud noises startle me.

4

## 13. Reflecting deeply is...

...something I rarely do.

0

1

2

3

...the way I process life.

4

## 14. I've been asked, "Why do you take things so personally!"

Never

0

1

2

3

Frequently

4

## 15. How do violent and/or horror movies impact you?

Violent and/or horror movies don't bother me. I know everything in them is fake.

0

1

2

3

I can't watch violent and/or horror movies because they feel so real.

4



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## 16. When I learn about a tragedy occurring somewhere else in the world,

It doesn't impact me  
unless someone I know is  
involved.      **0**      **1**      **2**      **3**

I feel it deeply, and  
want to do something  
to help.      **4**

## 17. I've been told that I over-think things.

Never

**0**

**1**

**2**

**3**

**4**

Often

## 18. Art, music, drama, and/or beauty ...

...aren't really  
my thing.      **0**      **1**      **2**      **3**

...make me feel  
more alive.      **4**

## 19. I am moved to tears.

Never

**0**

**1**

**2**

**3**

**4**

Frequently

## 20. The world inside me seems more real than the world around me.

Not at all

**0**

**1**

**2**

**3**

**4**

Totally

# Am I a Highly Sensitive Person?

## 21. In describing my intensity level, I'd say that...

I'm pretty even keel,  
with no big highs or  
lows.

0

1

2

3

...my highs are high  
and my lows are low.

4

## 22. What started as playful banter can suddenly feel like bullying to me.

Never

0

1

2

3

4

Often

## 23. Do you tend to perform better with a live audience or during solo practice?

Performing for a live  
audience amps me up  
to do my  
very best.

0

1

2

3

4

I do better during  
solo practice than when  
performing for  
an audience.

## 24. When I start feeling overwhelmed, I need to take a break – preferably by myself. in a quiet room, with low lighting.

Never

0

1

2

3

4

Regularly

## 25. Caffeine and/or hunger...

...don't have much  
effect on me.

0

1

2

3

4

...disrupt my  
concentration and  
coordination.

# Am I a Highly Sensitive Person?

## Calculating Your Score

Enter your total scores from each page below:

Total Score Page 1

Total Score Page 2

Total Score Page 3

Total Score Page 4

Total Score Page 5

Add each score together to  
obtain a grand total score:

If your score is above 50, you may well be a Highly Sensitive Person (HSP). The closer your score is to 100, the more likely it is that you're an HSP.

Are you ready to discover what it means to be an HSP?

*Start Here*

[SensitiveAndStrong.com/start-here](https://SensitiveAndStrong.com/start-here)

