



# **Am I Highly Sensitive ?**

*Test from Elaine N. Aron*

*A brand from Sandra Morel Coaching & Consulting*



## About this test

This test from the book „The Highly Sensitive Person" (HSP) by Elaine N. Aron is based on her research, which she conducted in the 1990s and has proven to give an idea about the degree of high sensitivity of a person.

This test does not replace personal intuition or discussions with experts. Rather, it helps to recognize the extent to which one can identify with high sensitivity, as well as to understand the initial characteristics. Should you have any doubt, we recommend to talk to a certified therapist or coach specialized in working with HSP.



## Are you highly sensitive ?

Answer each question based on how you personally feel. If the sentence fits you very well or fairly well, score one point. If the sentence does not fit you well or at all, score no points. Answer each question truthfully:

**YES** If it applies to you to some extent,

**NO** If it doesn't really apply to you or not at all.

1. I am easily overwhelmed by strong sensory input.
2. I seem to be aware of subtleties in my environment.
3. Other people's moods affect me.
4. I tend to be very sensitive to pain.
5. 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.
6. I am particularly sensitive to the effects of caffeine.
7. I am easily overwhelmed by things like bright lights, strong smells, coarse fabrics, or sirens close by.
8. I have a rich, complex inner life.
9. I am made uncomfortable by loud noises.
10. I am deeply moved by the arts or music.
11. My nervous system sometimes feels so frazzled that I just have to go off by myself.
12. I am conscientious.
13. I startle easily.
14. I get rattled when I have a lot to do in a short amount of time.

15. 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).
16. I am annoyed when people try to get me to do too many things at once.
17. I try hard to avoid making mistakes or forgetting things.
18. I make a point to avoid violent movies and TV shows.
19. I become unpleasantly aroused when a lot is going on around me.
20. Being very hungry creates a strong reaction in me, disrupting my concentration or mood.
21. Changes in my life shake me up.
22. I notice and enjoy delicate or fine scents, tastes, sounds, works of art.
23. I find it unpleasant to have a lot going on at once.
24. I make it a high priority to arrange my life to avoid upsetting or overwhelming situations.
25. I am bothered by intense stimuli, like loud noises or chaotic scenes.
26. 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.
27. When I was a child, my parents or teachers seemed to see me as sensitive or shy.



## Results

If you answered more than fourteen of the questions as true of yourself, you are probably highly sensitive. But no psychological test is so accurate that an individual should base his or her life on it. We psychologists try to develop good questions, then decide on the cut off based on the average response.

If fewer questions are true of you, but extremely true, that might also justify calling you highly sensitive. Also, although there are as many men as women who are highly sensitive, when taking the test highly sensitive men answer slightly fewer items as true than do highly sensitive women.

Source : Elaine N. Aron "The Highly Sensitive Person"