

# Have you always wondered if you are a Highly Sensitive Person?

Well, congratulations on being curious about what makes you uniquely YOU.

This self-assessment will give you a sense of the high sensitivity trait, and how it may ring true for you.

This quiz is **not scientific**. It will, however, provide insight into self-knowledge.

Take your time and enjoy this insightful, little quiz!

A handwritten signature in black ink that reads "Kelko". The script is fluid and cursive, with the letters connected and a slight slant.

**Answer each question according to the way you personally feel, using the following scale:**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**1. I'm a deep thinker and like to go beneath the surface to better understand things.**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**2. I have been and still am considered an "over-thinker".**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**3. I tend to feel anxious.**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**4. I easily sense other people's moods.**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**5. I am detail-oriented.**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**6. I see things in the environment that others miss.**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**7. I am intuitive.**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**8. A deep connection to others is important to me.**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**9. I understand people's feelings.**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**10. I read people well.**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**11. I tune into subtle cues in the environment and in other people.**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**12. Being part of a large group is not my thing.**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**13. I react strongly to odors, noise, bright lights, or  
being in a large group of people.**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**14. I've been told I am too sensitive.**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**15. Making decisions is hard.  
I have to weigh all the pros and cons.**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**16. I love animals.**

1      2      3      4      5      6      7

Not at all true                      Moderately                      Very true

**17. Being in nature is one of my favourite places.**

1      2      3      4      5      6      7

Not at all true                      Moderately                      Very true

**18. I need downtime after work to replenish my energy.**

1      2      3      4      5      6      7

Not at all true                      Moderately                      Very true

**19. I prefer a few very close friends to a large group of superficial friends.**

1      2      3      4      5      6      7

Not at all true                      Moderately                      Very true

**20. Deadlines stress me out, especially when someone is breathing over my shoulder.**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**21. I have an active imagination.**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**22. I love being creative.**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**23. Violent movies upset me.**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**24. Lack of sleep affects me a lot.**

1	2	3	4	5	6	7
Not at all true			Moderately		Very true	

**25. Small talk is the worst.**

1	2	3	4	5	6	7
Not at all true			Moderately		Very true	

**26. It is important to me that hot food be served hot,  
and cold food is served cold.**

1	2	3	4	5	6	7
Not at all true			Moderately		Very true	

**27. There are certain textures and fabrics I love and  
others I dislike.**

1	2	3	4	5	6	7
Not at all true			Moderately		Very true	



**28. When people chew with their mouth open, it really bothers me.**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**29. I feel insecure and disappointed for a while when I make mistakes or forget things.**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**30. Expressing my opinions is difficult, especially in a group. I worry what others will think.**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**31. I inspire people because I see possibilities before others see them.**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**32. Poor sleep for even one night can cause mood swings, irritability, and memory deficits.**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

**33. I am definitely a perfectionist. Mistakes, flaws, and poor decisions cause me to feel bad.**

1      2      3      4      5      6      7  
Not at all true                      Moderately                      Very true

To score your quiz:  
Total up your responses.

Below 100, you are probably not an HSP

Between 100-167, you may be an HSP

If you scored above 168, you are more than likely an HSP

So, you are pretty sure you are an HSP...how can you better navigate this crazy world as a highly sensitive person?



1. Work on your **self-awareness**, (get to know your triggers and find a balance between boredom and overstimulation)
2. Engage in regular **self-care**: things like walking outdoors, meditation, restorative/gentle yoga, reading, journaling, crafting, creating.
3. Set **healthy boundaries**. Learn how to say "no" gently when it doesn't feel right.
4. Keep a **decluttered** home and work space.
5. Remove **synthetic fragrances** from your home.
6. Find a work-life balance to **avoid burnout**.
7. Create a consistent, healthy morning routine.
8. Create a consistent, healthy evening routine.
9. Avoid mindless, toxic scrolling on social media. **Remove apps** on your phone that draw in anxiety from the outside world.
10. Unfollow accounts on your social media feeds that do not bring value to your home/work life.
11. Remember being a HSP is a gift. HSP are creative, conscientious, loyal and deeply appreciative humans.