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

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

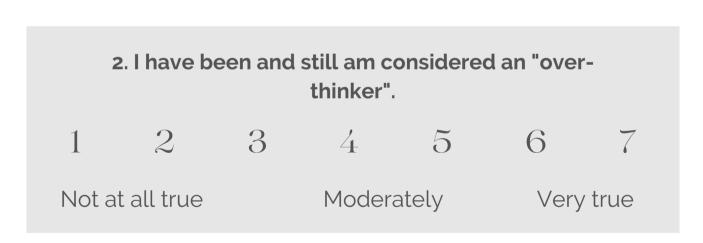
This self-assessment will give you a sense of the high sensitivity trait, and how it may ring true for you.

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

Take your time and enjoy this insightful, little quiz!

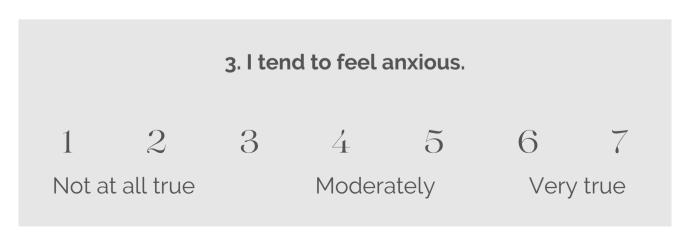


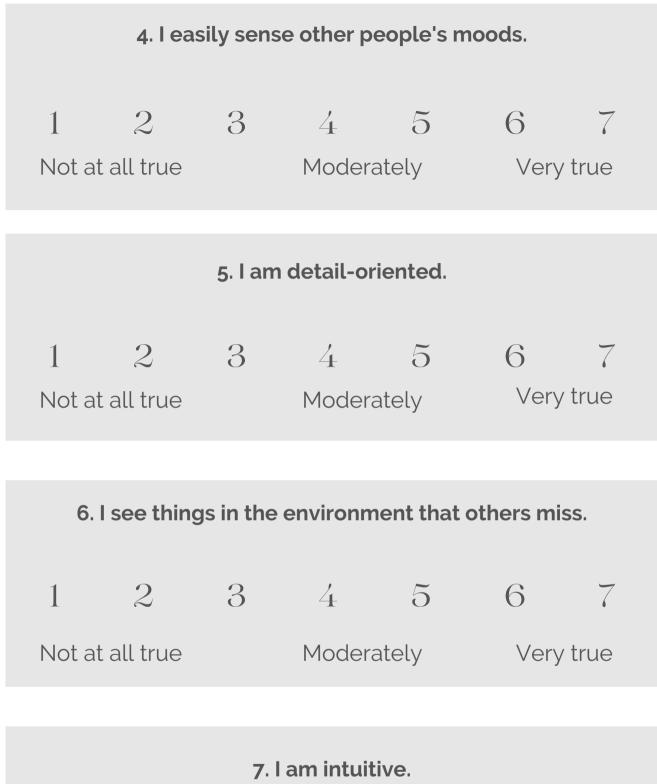
# Answer each question according to the way you personally feel, using the following scale: 1 2 3 4 5 6 7 Not at all true Moderately Very true 1. I'm a deep thinker and like to go beneath the surface to better understand things. 1 2 3 4 5 6 7



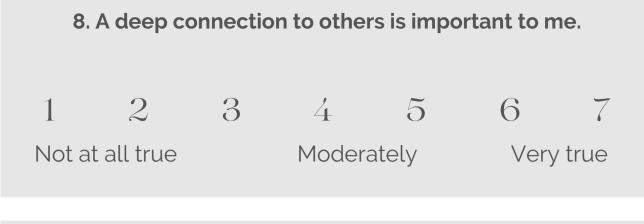
Not at all true

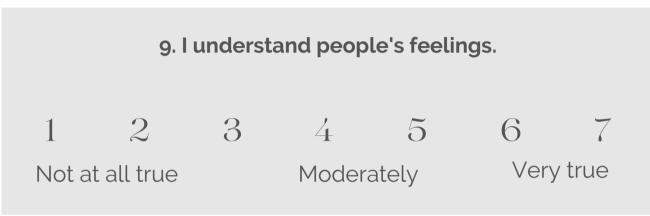
Moderately Very true



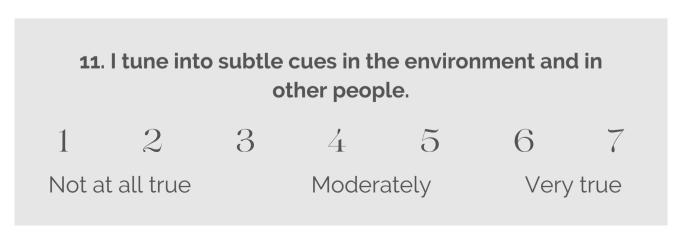


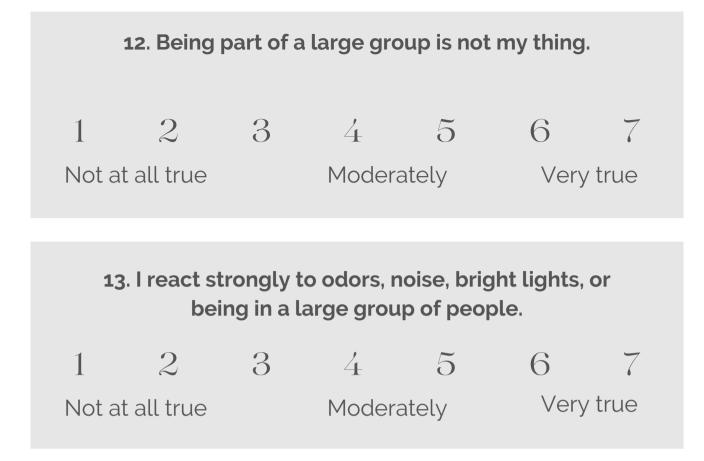


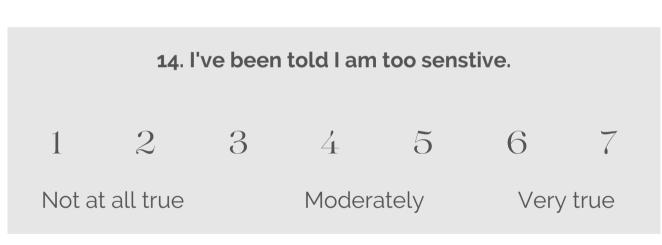


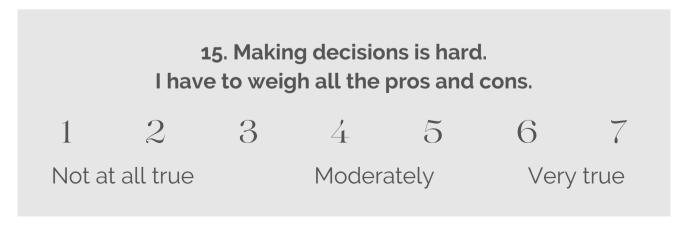


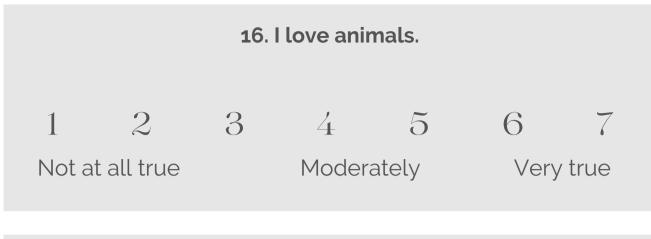




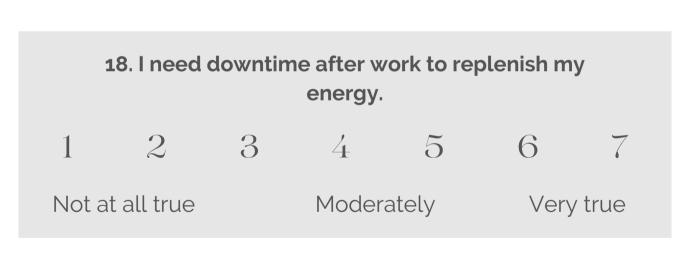


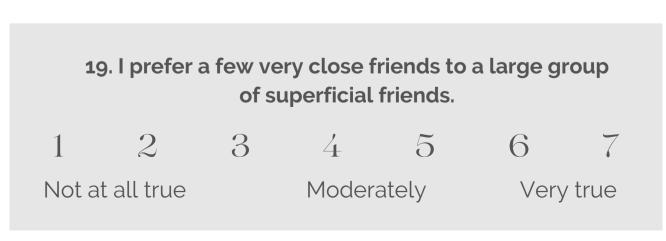






## 17. Being in nature is one of my favourite places. $1 \quad 2 \quad 3 \quad 4 \quad 5 \quad 6 \quad 7$ Not at all true Moderately Very true





### 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.

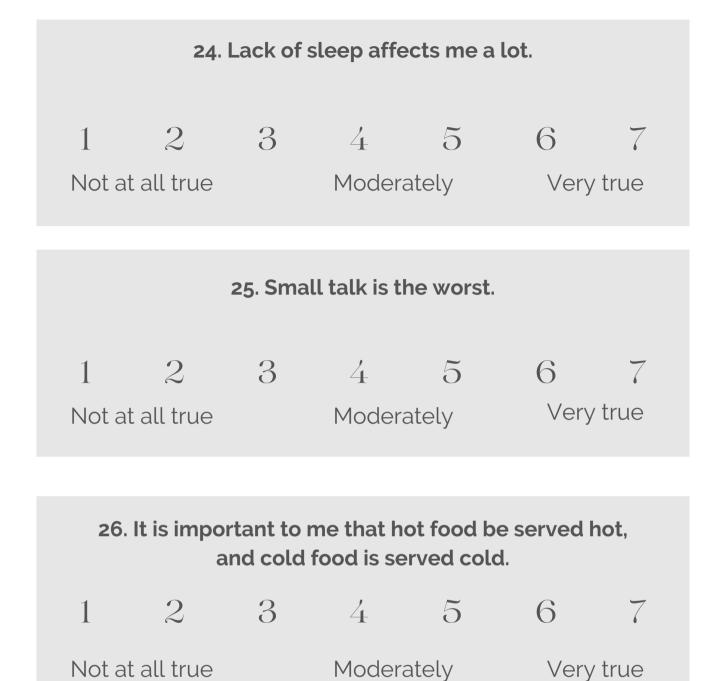
1 2 3 4 5 6 7

Moderately Very true Not at all true

### 23. Violent movies upset me.

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 a	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 a	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 a	t all true		Moderately		Very true		

### others see them. 1 2 3 4 5 6 7 Not at all true Moderately Very true

31. I inspire people because I see possibilities before

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

1 2 3 4 5 6

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 senstive 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.