HSP – Who, Me?!?

10 Areas of Interest for the Highly Sensitive Person

Check each "I" term and each statement that resonates with you. *There are no right or wrong, better or worse answers…just choose whatever matches your feelings and experience!*

1. ___ Identity

__ *I feel different from other people.*
__ *I'd like people close to me to think of me as "one-of-a-kind."*

2. ___ Isolation

__ *I sometimes feel least lonely when I'm alone.*
__ *I wish people close to me understood me better.*

3. ___ Introspection

__ *People close to me tell me that I over-think things.*
__ *I reflect on things I've said and done in order to learn from them.*

4. ___ Intolerance

__ *Most people don't react nearly as negatively to specific sounds, smells, sights, textures, and/or tastes as I do.*
__ *Certain social issues move me to tears, anger, and/or action.*

5. ___ Immediacy

__ *A new problem can feel like it's been happening forever.*
__ *Sometimes I feel blind-sided by my own emotions.*

6. ___ Idealism

__ *I constantly see possibilities in situations and/or potential in people.*
__ *I am deeply disappointed when things don't turn out as I expect.*

7. ___ Imagination

__ *I've always been a bit of a daydreamer.*
__ *Sometimes the world inside me seems more real than the world around me.*

8. ___ Intensity

__ *My highs are HIGH and my lows are LOW.*

__ *I tend to pour my time and energy into one thing that's captured my attention.*

9. ___ Intimidation

__ *I am easily intimidated by some people.*

__ *Some people seem intimidated by me.*

10. ___ Inadequacy

__ *I tend to start well but fizzle out quickly.*

__ *I feel simultaneously "too____" and "not ___ enough."*

If you checked 4 or more of the ares of interest (the "I" terms) and/or 8+ of the statements *(in italics)*, you may well be **a Highly Sensitive Person**!

Want to learn more about what it means to be an HSP? Sign up for the **10 Day "You're NOT Too Sensitive: the Strength of a Tender Heart" Email series**. Each day spotlights one HSP area of interest:

Day 1 = Identity
Day 2 = Isolation
Day 3 = Introspection
Day 4 = Intolerance
Day 5 = Immediacy
Day 6 = Idealism
Day 7 = Imagination
Day 8 = Intensity
Day 9 = Intimidation
Day 10 = Inadequacy

Every day, for ten days, you'll **gain** valuable insights into each area of interest, **reframe** them from God's perspective, **ask** yourself key questions, and **try** out a specific action of self-compassion to lessen your stress and increase your peace.

Questions or comments? I'd love to hear from you! **www.CheriGregory.com**