

# Highly Sensitive Temperament Assessment

**Instructions:** Answer each question according to the way you personally feel. Check the box if it is at least somewhat true for you; leave unchecked if it is not very true or not at all true for you.

I am easily overwhelmed by strong sensory input.

I seem to be aware of subtleties in my environment.

Other people's moods affect me.

I tend to be very sensitive to pain.

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.

I am particularly sensitive to the effects of caffeine.

I am easily overwhelmed by things like bright lights, strong smells, coarse fabrics, or sirens close by.

I have a rich, complex inner life.

I am made uncomfortable by loud noises.

I am deeply moved by the arts or music.

My nervous system sometimes feels so frazzled that I just have to go off by myself.

I am conscientious.

I startle easily.

I get rattled when I have a lot to do in a short amount of time.

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).

I am annoyed when people try to get me to do too many things at once.

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

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### **Scoring:**

If you answered more than 14 of the questions as true of yourself, you are probably highly sensitive.

*NOTE: This is for information and education purposes only. No assessment is so accurate that an individual should base his or her life on it.*

More information available about "The Highly Sensitive Person" at [www.HSPerson.com](http://www.HSPerson.com).