

Self-Assessment

Are You an HSP?

This brief questionnaire is not meant to be exhaustive. It is not meant to be used as a diagnostic tool.

High-sensitivity is a spectrum and experienced in a highly individual manner. Adverse Childhood Experiences (ACE) or trauma experienced later in life can deeply influence our ability to thrive as an HSP. Certain expressions of traits attributed to HSP are in reality often effects of trauma.

Not only is HSP a spectrum it is also often combined with high empathy, and sometimes, also with high potential. No matter which combination you have been blessed with - many of us just do not seem to fit into the normal mold.

In mainstream media and in many books the difference between these types of HSP's and the effects of trauma are not drawn. In my opinion it is important to make these distinctions, because they allow me to support my clients in a much more detailed way, that in turn allows me to customize the healing journey.

This self-assessment questionnaire is designed to help you become more aware of traits that you exhibit and which combination within of the spectrum you exhibit. For example, I know many empaths that believe that they are HSP's when they are not. Vice versa there are HSP's that are also empaths, who actually suffer from being a victimized empath rather than from being HSP.

Please, add up your points at the end.

The higher your score is the higher the chances are that you are an empathic HSP who also carries trauma.

Questionnaire

Response or Symptoms	0-10
Are you sensitive to loud sounds or too much noise in your environment? That is, do you dislike being in noisy place, because you get more easily overwhelmed than others.	
Do you experience high tension or other signs of anxiety when exposed to too much noise in your environment?	

Response or Symptoms	0-10
Are you uncomfortable when you are exposed to a lot of visual or kinesthetic input? For example, in a 3D film or when watching a thriller?	

Do you experience more than just discomfort? That is, do you go numb inside or do you experience high anxiety or even panic in such situations?	
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Response or Symptoms	0-10
Are you very sensitive to coffee or green tea etc.?	

Response or Symptoms	0-10
Are you bothered by strong smells – even perfume - in your environment.	
Do specific strong smells cause you to overreact with anxiety?	

Response or Symptoms	0-10
Were you labeled as a later bloomer?	
Are you dyslexic?	
Were you diagnosed with ADD or ADHD?	

Response or Symptoms	0-10
Are you very creative and do you enjoy being creative?	
Do you suffer if you cannot apply this gift in your life or in your work?	
Do you often experience performance anxiety – that is do you experience challenging and stressful symptoms or do you freeze when you want to express your innate creativity?	

Response or Symptoms	0-10
Do you suffer unduly when you are treated unfairly? That is, does it cause you to react inappropriately aggressive or to be deeply sad or...	
Do you suffer in this way when others are treated unfairly?	

Response or Symptoms	0-10
Are you bored when working in a team that does not value complex and new thinking?	
Are you most happy when solving complex problems?	

Response or Symptoms	0-10
Do you experience your body as your enemy a lot of the time?	

Response or Symptoms	0-10
Does defining and setting boundaries seem very difficult?	
Do you feel afraid to set boundaries because you fear to be labeled as too sensitive?	
Do you experience a freeze or fight-or flight response (high-anxiety or panic) when you do set boundaries?	

Response or Symptoms	0-10
Do you seem to pick up information about others or situations seemingly from nowhere?	
Do you pick-up subtle signals or information that other people in your group are not aware of - so called "weak-signals"- ?	

Response or Symptoms	0-10
Are you particularly sensitive to the emotions of other people?	
Are you often overwhelmed when surrounded by sad or aggressive people?	
Do you take the feelings of others home with you and keep ruminating on them for a long time?	

Response or Symptoms	0-10
I am not very good of taking care of my own needs.	

Response or Symptoms	0-10
Do you experience severe anxiety symptoms when you want to shine with your talents?	

Response or Symptoms	0-10
I prefer harmony to any other atmosphere and I am willing to do almost anything to maintain harmony in my environment.	
Do you people-please when you perceive a threat or feel rejected by others?	

Response or Symptoms	0-10
Would you call yourself a change maker?	
Do you love to contribute to projects that support humanity or the earth?	