

- ___26. When you must compete or be observed while performing a task, do you become so nervous or shaky that you do much worse than you would otherwise?
- ___27. When you were a child, did parents or teachers seem to see you as sensitive or shy?

Scoring:

If you answered more than fourteen of the questions as true of yourself, you are probably highly sensitive. But no psychological test is so accurate that an individual should base his or her life on it. We psychologists try to develop good questions, then decide on the cut off based on the average response.

If fewer questions are true of you, but extremely true, that might also justify calling you highly sensitive. Also, although there are as many men as women who are highly sensitive, when taking the test highly sensitive men answer slightly fewer items as true than do highly sensitive women.