THE HIGHLY SENSITIVE PERSON QUESTIONNAIRE (HSP Scale)

INSTRUCTIONS: This questionnaire is completely anonymous and confidential. Answer each question according to the way you personally feel, using the following scale:

1 Not at Al	2 I	3	4 Moderately	5	6	7 Extremely
1.	Are you easily overwhe	lmed by s	strong sensory input	?		
2.	Do you seem to be awa	re of subt	tleties in your enviro	nment?		
3.	Do other people's moo	ds affect y	you?			
4.	Do you tend to be more	e sensitive	e to pain?			
5. ar	Do you find yourself ne	_	_			rkened room or
6.	Are you particularly ser	nsitive to 1	the effects of caffein	e?		
7.	Are you easily overwhe by?	lmed by tl	hings like bright light	s, strong s	mells, coarse fab	rics, or sirens close
8.	Do you have a rich, con	nplex inne	er life?			
9.	Are you made uncomfo	rtable by	loud noises?			
10.	Are you deeply moved	by the art	ts or music?			
11.	Does your nervous syst	em some	times feel so frazzled	that you	just have to go of	f by yourself?
12.	Are you conscientious?					
13.	Do you startle easily?					
14.	Do you get rattled whe	n you hav	e a lot to do in a sho	rt amount	of time?	
15.	When people are uncor be done to make it mor					what needs to
16.	Are you annoyed when	people tr	ry to get you to do to	o many th	ings at once?	
17.	Do you try hard to avoi	d making	mistakes or forgetting	ng things?		
18.	Do you make a point to	avoid vio	lent movies and TV	shows?		
19.	Do you become unplea	santly aro	oused when a lot is g	oing on ard	ound you?	
20.	Does being very hungry	/ create a	strong reaction in yo	ou, disrupt	ing your concenti	ration or mood?
21.	Do changes in your life	shake you	u up?			
22.	Do you notice and enjo	y delicate	e or fine scents, taste	s, sounds,	works of art?	
23.	Do you find it unpleasa	nt to have	e a lot going on at or	ice?		
24.	Do you make it a high p	riority to	arrange your life to	avoid upse	tting or overwhe	lming situations?
25.	Are you bothered by in	tense stin	nuli, like loud noises	or chaotic	scenes?	

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.