

HSP QUIZ

Are you a Highly Sensitive Person?

- | | | Y/N |
|----|--|--------------------------|
| 01 | When you were a child, did you avoid loud noises or did loud noises upset you? | <input type="checkbox"/> |
| 02 | Do you get easily overwhelmed by having several tasks to complete or on your "to do" list? | <input type="checkbox"/> |
| 03 | Do you get irritable when you are hungry? Often called "hangry"? | <input type="checkbox"/> |
| 04 | Does it take you longer than most to make decisions? | <input type="checkbox"/> |
| 05 | Do you find yourself avoiding chaotic and loud television shows and movies? | <input type="checkbox"/> |
| 06 | Can you easily sense when people are upset or mad? | <input type="checkbox"/> |
| 07 | Does working or presenting in front of other people cause you a great deal of stress? | <input type="checkbox"/> |
| 08 | Do you need alone time at the end of your day to recharge? | <input type="checkbox"/> |
| 09 | Does music, art, reading literature or poetry stir up emotions for you? | <input type="checkbox"/> |
| 10 | Do you feel that you have a lower pain threshold than most people? | <input type="checkbox"/> |
| 11 | Do you find solace in routine and avoid change because it feels more comfortable to you? | <input type="checkbox"/> |
| 12 | I can easily smell scents or taste notes that sometimes others cannot. | <input type="checkbox"/> |
| 13 | I am in tune with sights and sounds going on around me when other people often are not. | <input type="checkbox"/> |
| 14 | Are you easily overwhelmed by the side effects of caffeine? | <input type="checkbox"/> |
| 15 | Are you easily overwhelmed by bright or overhead lights? | <input type="checkbox"/> |