

Inner Peace and Purpose Coaching

*Empowering Women Who Have Difficulty Saying "No" and Sensitive Women ~
to Say "YES!" to Enjoying Peace of Mind and Self-Esteem*

Annie Notestein



How Sensitive Are You?

A quick self-assessment

Do you feel that you are more sensitive than the average person? T F

Find out how sensitive you are by taking the test below.

Are You Highly Sensitive? A Self-test by Elaine Aron

Answer each question according to the way you feel.

Answer True if it is at least somewhat true for you.

Answer False if it is not very true or not at all true for you.

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I seem to be aware of subtleties in my environment.	T	F
Other people's moods affect me.	T	F
I tend to be very sensitive to pain.	T	F
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.	T	F
I am particularly sensitive to the effects of caffeine.	T	F
I am easily overwhelmed by things like bright lights, strong smells, coarse fabrics, or sirens close by.	T	F
I have a rich, complex inner life.	T	F
I am made uncomfortable by loud noises.	T	F
I am deeply moved by the arts or music.	T	F
I am conscientious.	T	F
I startle easily.	T	F
I get rattled when I have a lot to do in a short amount of time.	T	F
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).	T	F
I am annoyed when people try to get me to do too many things at once.	T	F
I try hard to avoid making mistakes or forgetting things.	T	F
I make it a point to avoid violent movies and TV shows.	T	F
I become unpleasantly aroused when a lot is going on around me.	T	F
Being very hungry creates a strong reaction in me, disrupting my concentration or mood.	T	F
Changes in my life shake me up.	T	F
I notice and enjoy delicate or fine scents, tastes, sounds, works of art.	T	F
I make it a high priority to arrange my life to avoid upsetting or overwhelming situations.	T	F
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.	T	F
When I was a child, my parents or teachers seemed to see me as sensitive or shy.	<u>T</u>	<u>F</u>

Copyright, Elaine N. Aron, 1996 (used with permission) **My total score:**

SCORING YOURSELF

If you answered True to 15 or more of the questions, you are probably highly sensitive.