

Super Sensitive Person 100

HOW SUPER SENSITIVE ARE YOU? THIS QUESTIONNAIRE WILL LET YOU KNOW

Score yourself.

_____ Current Score

1. My Experience of Childhood

- I was the one who was often called a crybaby by my family, friends or schoolmates
- I *frequently* overreacted (either internally or externally) to situations or people when I felt that I *needed* something but they couldn't/wouldn't provide it for me.
- I was much more afraid or fearful of new places, situations or people, than others were, even if there was no apparent threat.
- I found myself often feeling overwhelmed when in busy or loud environments, such as shopping centers, parks or classrooms.
- I couldn't understand why the other kids my age could be so confident or fearless.
- I found it *very* difficult to learn certain skills or grasp information/schoolwork that I *knew* wasn't that difficult, but that I just couldn't get without a lot of effort.
- My parents had a *very* difficult/frustrating time with me and/or had to work extra hard in order to take care of my emotional needs.
- I was extremely shy on the inside, even if I did force myself to relate with others.
- I found it almost impossible to say what I really meant without it coming out a mush.
- I was *very* tentative or hesitant, even in situations that were perfectly safe.

_____ Section Point Total

2. The Choices I Made During Childhood

- I *definitely* avoided sports or games as a child and/or adult, or would have, if I felt that I had the choice.
- The *need* to stay safe was an *overriding* concern or priority .
- I tended to have none, one or two friends who were very close to me. Beyond that, almost no one.
- I knew at an early age that the world wasn't for getting too involved with; I had to have my own life, mostly inside myself or physically inside.
- I *often* took great steps to avoid the anger or moods of others, such as going elsewhere, or retreating to a super safe place of my own.

- I decided that people were to be approached cautiously, given I couldn't predict if they would like me or how they would react if they got to know me.
- I realized early on that I did poorly under pressure, so I went out of my way to fully prepare for tests or new situations.
- As a child, I lived in fear, although I got used to it and could cope pretty well.
- When I was doted upon by SuperSensitive adults, their nurturing meant *the world* to me; far more than the attention of others.
- I look back to a select few who 'understood me' and to whom I give credit even now for 'keeping me alive.'

_____ Section Point Total

3. How I Experience Life In General

- I am *easily* hurt by things that don't seem to hurt others at all.
- I find myself having *very* intense feelings (positive or negative), which often fade away within a day and I wonder why it seemed to matter so much at the time.
- I tend to be strongly affected by events that happened a long time ago *and* I *still* emotionally and even physically feel the feelings that I experienced when the negative event occurred, even if it occurred many years, or decades, ago.
- It is/was very difficult for me to find the right type of work that was fulfilling, yet challenging *and* that tapped into my sensitivity enough for the nature of the work to matter.
- I am/was *very* much aware of my fears or I talk about fear a lot as a subject matter.
- I'd rather miss out on a real opportunity than to take a risk that I may make a big mistake in the process.
- My avocation or vocation is that of a writer, artist, librarian/information expert, advisor/counselor or any other profession which is not aggressive or in which I would encounter the kind of conflict that I would fear or dread.
- I am coming to realize that my extreme sensitivity is a gift; I only wish it came with exact instructions. I can see the possibility of orienting my life around this trait, instead of merely 'managing it.'

- ❑ I find that I can't/won't do business with vendors/suppliers who won't take extra care with me or who don't value my sense of perfection.
- ❑ I am extremely careful to arrange my environment to suit me perfectly; I know that without that I quickly lose my sense of balance and safety.

_____ **Section Point Total**

4. How I Relate With Others

- ❑ I find myself emulating those who I admire; I want to be more like them.
- ❑ I find it naturally difficult to look others in the eye on a regular basis.
- ❑ I am eager to please, *far* more than most.
- ❑ I feel strongly that I want to offer the *best possible* advice or counsel that exists, even if it means lots of studying or preparing to reach this wise state; I feel that it's my duty, obligation or opportunity and that it matters a lot.
- ❑ If I failed once with a person, I find it very difficult to ever forget it. When I am with them, I tend to be reminded of it, on my own.
- ❑ I need to isolate myself, or at least not socialize, when I have been overexposed to stimuli, even if it was for a short period.
- ❑ I feel that people are measuring or judging me more than they really are.
- ❑ I *easily* anticipate what people are feeling and what they are going to do next.
- ❑ Meeting new people is really a challenge, or at least it takes something out of me and I have to recover in my own way.
- ❑ I go *out of my way* to make people comfortable and put them at ease; I know how I'd feel if I was them.

_____ **Section Point Total**

5. Physical Clues

- ❑ I had/have a deer-in-headlights look some or much of the time.
- ❑ I walk/walked with my eyes/head more down than up.
- ❑ I stood/stand somewhat sideways when speaking with another person.
- ❑ I often have/had a woeful/sad/abandoned/lonely/scared look in my eyes.
- ❑ My heart starts to beat *really* rapidly - pounding, really -- when I become frightened.
- ❑ I instantly break out in a cold sweat when I feel threatened, even if the threat is not even real.
- ❑ I blush easily when embarrassed and cast my eyes and head downward.
- ❑ When I feel pressured, watched or measured, I immediately lose my concentration and/or begin to tremble, just because.

- ❑ I tend to be clumsy or awkward when using my body -- at the very least I'm not naturally coordinated, although I get by.
- ❑ I am like a cat: cautious, wary, easily alarmed.

_____ **Section Point Total**

6. Relating With My Environment

- ❑ I notice the details or subtleties of things around me *far* more than others do, such as trees/nature, weather, layout of rooms, people's moods/energy, colors, textures and/or temperature.
- ❑ I find myself inexplicably *very* tired or drained after being in a chaotic or busy environment for more than several hours.
- ❑ I find myself *needing* to be in a quiet and/or dark room like my bedroom, away from everything, at least once a week, for no apparent reason.
- ❑ I feel *waves* of relief when I 'get through' a difficult experience, more than the situation merited.
- ❑ I feel/have felt the need to *carefully and deeply* craft and design my physical environment so that I feel *perfectly* safe, protected from the unexpected.
- ❑ I feel that I must be 'taking in' *a lot* from my environment -- even things I'm unaware of -- because it affects me so.
- ❑ I *easily* see how other peoples' environments are directly affecting them, even when the person can't see it themselves.
- ❑ I don't like to learn by memorization. Rather, I need to *feel* the information so that I just 'know it.' It's like I learn through my pores.
- ❑ It takes me longer than most to recover from physical stress like flying (jet lag) or a to new environment. Sometimes I have to nap to adjust.
- ❑ I am extremely aware of people, places and things, especially when something moves or changes or the pattern is different than I expected.

_____ **Section Point Total**

7. How I React

- ❑ I feel/felt feel an *inordinate* amount of shame, even for things that shouldn't matter
- ❑ I often cry at *almost anything* that reminds me of difficult times in childhood or even adulthood, or of people I cared for deeply because they protected me.
- ❑ I am sometimes frightened by the intensity of my emotions or feelings; I feel so *much*.
- ❑ I am prone to becoming depressed.
- ❑ I overreact frequently and experience many false alarms.
- ❑ I feel dread much more than others, and I even dread feeling dread.

- ❑ I tend to shut down mentally, physically or emotionally when I get overstimulated; I *must* stop, retreat or escape. I *must*.
- ❑ When an idea comes to me I *often* ruminate and 'play' with it, in order to see all sides of it so that I'll be in a good position to do the right thing when the time's right.
- ❑ I don't just drink coffee in order to get a physical buzz; I drink it (or other drinks containing caffeine) in order to keep my *emotional* state in peak readiness.
- ❑ When I become adrenalined up, I can't calm down and it may take 3-4 *days* of extreme calmness to get back to that quiet state that I know is 'me.'

_____ **Section Point Total**

8. How Stimulation Affects Me

- ❑ When I listen to music, it *greatly* affects me-- to the point of taking over my body, mind and heart and not just altering my mood but altering ME.
- ❑ I *must* have regular/frequent solitude in order to feel balanced and function well.
- ❑ Even if I like television a lot, I KNOW that it has move of an affect on me that I can 'afford.'
- ❑ I startle easily and physically jump or jolt, especially when I am concentrating deeply.
- ❑ Almost everything is a source of stimulation for me, whether I recognize it in time or not.
- ❑ I understand the need to *carefully* regulate how much stimulation I receive. If I receive too much, I know that I'll have to deal with an extended recovery period.
- ❑ I can get worked up in an *instant* and not be able to calm myself down.
- ❑ I have to cover my ears when I hear a siren coming my way because I'll feel 'piercing' to the depth of my bones if I don't.
- ❑ When I am around loud or hyper people, I find myself trying to keep up with them or perhaps defending myself against them, often unconsciously. It's like I am attracted to their power, personality, character trait or style and I want a piece of it for my life.
- ❑ I am often surprised by how things that affect me greatly can have almost no impact on others.

_____ **Section Point Total**

9. How I Perceive Myself & My Related Traits

- ❑ I often wonder if, or feel strongly that, I *must* have a fatal flaw, because I am so sensitive.
- ❑ I am so powerfully intuitive that even intuitive people seek me out for my observations or thoughts.

- ❑ I have always been, or felt, *extremely* creative. I cannot create and people ask me how I do it.
- ❑ I *often* reflect on the days' events or issues, or how I am developing as a person.
- ❑ I strive to better things around me and reduce the problems that people are suffering from, because I feel these problems so deeply myself.
- ❑ My self-esteem is not naturally high. It seems like I have to keep filling it up.
- ❑ long or used to long to be like those who are much more outgoing because it seemed that they can get/do what they want without hesitation or delay.
- ❑ I know that my sensitivity is a good thing, but it often seems a lot bigger than I am. I feel like the tail of the dog, with the dog being my sensitivity.
- ❑ I feel that my life is *much* richer that others think it must be. It really *is*, no matter how it might look to others.
- ❑ I have often felt that if I was less sensitive that I'd have been much more successful in the traditional sense.

_____ **Section Point Total**

10. How Others View Me

- ❑ Others have often called me gifted, even though I wonder if that's really the case.
- ❑ I tend to be viewed as unsociable; I'm not one to want to be in a lot of other people's company.
- ❑ People tend call me a visionary because I *often* think of what the future will bring.
- ❑ People think that I care about things far too much.
- ❑ People who are less sensitive find dealing with me a lot of 'extra' work and usually tire of it.
- ❑ I do know that others perceive me as different and I don't blame them; I am.
- ❑ I often wonder if I'll ever be able to design and live my life in such a way so that satisfies *me* that I won't care *at all* what others think of me, my sensitivity or my life.
- ❑ People tend to take pity on me because I am so sensitive. Sometimes I feel like a petted animal.
- ❑ People trust me to do a good job; they know that I'm focused on doing things right, on my own.
- ❑ People who aren't very sensitive tend to make fun of me, perhaps because I am so different.

_____ **Section Point Total**

_____ **Grand Total Score from all 10 Sections**