



**HSP Questionnaire:** The following questions are a snapshot of your opinions regarding your sensitivity.

There are 12 short statements that ask you whether you broadly agree or disagree with them. The most useful method is to work quickly through the statements without excessive thought or soul-searching. Score your answers when finished.

<b><i>I agree or disagree that this is usually true for me.....</i></b>	<b>Agree</b>	<b>Disagree</b>	<b>Q</b>
<i>I hate negative feedback</i>			1
<i>I can read other peoples thoughts and feelings</i>			2
<i>People often hurt my feelings</i>			3
<i>People tell me I am too kind</i>			4
<i>I tend to prefer a solo sport or activity rather than a team activity</i>			5
<i>I don't care what other people think of me</i>			6
<i>I easily get distracted by the noise other people make</i>			7
<i>People describe me as being 'really tough'</i>			8
<i>I find it really easy to make decisions</i>			9
<i>I enjoy high levels of chaos</i>			10
<i>I always notice details about people - a different haircut or new tie for example</i>			11
<i>People tell me (or have told me) I am 'sensitive'</i>			12



### HSP Score Sheet:

Broadly, the higher score you have, the higher you regard your perception of your sensitivity. Of course, there is always greater value in having someone else give their view of you against these statements to gain a more rounded picture.

<b>Question Numbers</b>	<b>QED Resilience Element</b>	<b>Agree Scores</b> You gain 1 point each time for having answered 'Yes' to each of the following statements. Ring the questions where you marked agree:	<b>Disagree Scores</b> You gain 1 point each time for having answered 'No' to each of the following statements. Ring the questions where you marked disagree:	<b>Total Score</b>
1-12	HSP	<b>1 - 2 - 3 - 4 - 5 - 7 - 11 - 12</b>	<b>6 - 8 - 9 - 10</b>	

**Please complete the questionnaire before reading on to page 3**



**Information – Please only read when you have completed the questions above.**

**Low Sensitivity – 5 or below**

**Medium Sensitivity – 6- 8**

**High Sensitivity – 9 or above**

**Please listen to the audio/podcasts on our site. You can download it here:**

**<https://qedod.com/highly-sensitive-people/>**

Having 'low sensitivity, does not mean you are insensitive, it simply means you are less susceptible to Situation Response Sensitivity.

Medium and High Sensitivity means you are able to 'read' others really well and are likely to be more 'self aware' than others. This means you are more aware of your own body, emotions and thoughts. However, becoming aware without a pragmatic toolkit to manage those emotional and cognitive responses can make you more prone to stressful reactions and even anxiety.

Sensitivity is like a searchlight. It allows you to see or 'read' or have greater empathy with others as well as to 'hear' your inner voice and thoughts. Learning how to use this searchlight in a positive fashion will allow you to transform your sense of self esteem and confidence, as well as having more productive relationships without 'losing yourself' or being too keen to put others' over your own needs.