

ARE YOU A HIGHLY SENSITIVE PERSON?

Check the boxes that seem applicable to you.

- Do you compare yourself to others often?
- Are you afraid of rejection?
- Do you easily get angry at negative news?
- Do you often worry about what others think of you?
- Do you easily feel hurt by others?
- Do you have a hard time taking criticism?
- Do you take many things personally?
- Are you uncomfortable in large crowds?
- Are you overly sensitive to loud sounds, bright lights or strong scents?
- Do you get startled by your environment easily?

If you checked most of the boxes, you may be a highly sensitive person. You may have strong physical, mental, and emotional responses to stimuli in the environment.

