

# HSP – Who, Me?!?

## 10 Areas of Interest for the Highly Sensitive Person

Check each "I" term and each statement that resonates with you. *There are no right or wrong, better or worse answers...just choose whatever matches your feelings and experience!*

1. \_\_\_ **Identity**

- \_\_\_ *I feel different from other people.*
- \_\_\_ *I'd like people close to me to think of me as "one-of-a-kind."*

2. \_\_\_ **Isolation**

- \_\_\_ *I sometimes feel least lonely when I'm alone.*
- \_\_\_ *I wish people close to me understood me better.*

3. \_\_\_ **Introspection**

- \_\_\_ *People close to me tell me that I over-think things.*
- \_\_\_ *I reflect on things I've said and done in order to learn from them.*

4. \_\_\_ **Intolerance**

- \_\_\_ *Most people don't react nearly as negatively to specific sounds, smells, sights, textures, and/or tastes as I do.*
- \_\_\_ *Certain social issues move me to tears, anger, and/or action.*

5. \_\_\_ **Immediacy**

- \_\_\_ *A new problem can feel like it's been happening forever.*
- \_\_\_ *Sometimes I feel blind-sided by my own emotions.*

6. \_\_\_ **Idealism**

- \_\_\_ *I constantly see possibilities in situations and/or potential in people.*
- \_\_\_ *I am deeply disappointed when things don't turn out as I expect.*

7. \_\_\_ **Imagination**

- \_\_\_ *I've always been a bit of a daydreamer.*
- \_\_\_ *Sometimes the world inside me seems more real than the world around me.*

8. \_\_\_ **Intensity**

\_\_\_ *My highs are <sup>HIGH</sup> and my lows are <sup>LOW</sup>.*

\_\_\_ *I tend to pour my time and energy into one thing that's captured my attention.*

9. \_\_\_ **Intimidation**

\_\_\_ *I am easily intimidated by some people.*

\_\_\_ *Some people seem intimidated by me.*

10. \_\_\_ **Inadequacy**

\_\_\_ *I tend to start well but fizzle out quickly.*

\_\_\_ *I feel simultaneously "too \_\_\_" and "not \_\_\_ enough."*

If you checked 4 or more of the areas of interest (the "I" terms) and/or 8+ of the statements (*in italics*), you may well be **a Highly Sensitive Person!**

Want to learn more about what it means to be an HSP? Sign up for the **10 Day "You're NOT Too Sensitive: the Strength of a Tender Heart" Email series**. Each day spotlights one HSP area of interest:

Day 1 = Identity

Day 2 = Isolation

Day 3 = Introspection

Day 4 = Intolerance

Day 5 = Immediacy

Day 6 = Idealism

Day 7 = Imagination

Day 8 = Intensity

Day 9 = Intimidation

Day 10 = Inadequacy

Every day, for ten days, you'll **gain** valuable insights into each area of interest, **reframe** them from God's perspective, **ask** yourself key questions, and **try** out a specific action of self-compassion to lessen your stress and increase your peace.

Questions or comments? I'd love to hear from you! [www.CheriGregory.com](http://www.CheriGregory.com)

