

3 SOURCES OF SENSITIVITY (plus+)

environmental

- Noisy places often bother me. Even a siren passing by can make me tense up.
- I don't like being where there are a lot of bright, flashing lights.
- I prefer scent-free environments; there are many smells that are offensive to me.
- I have a hard time watching violence in movies or TV.
- I am easily startled.
- I don't like being in a cluttered space. I think better and feel better in a clear, open environment.
- I don't like going to places with a lot of old things like antiques or flea markets.
- I crave being around animals and nature.
- I have a hard time wearing certain fabrics.
- Certain rooms and/or places give me the creeps.
- I cannot sit in a chair that is not comfortable for very long.

people

- If I hang around someone for awhile, I will pick up their mannerisms, accents or expressions.
- I don't perform as well if someone is watching me.
- My feelings get hurt easily.
- It's difficult for me to be around highly egotistical people or those who do not care how they treat others.
- I feel what other people around me are feeling.
- If someone is sad, I become sad. If I'm around happy people, I feel happy.
- I catch other people's "bugs" (colds, flu) and have a lot of 'sympathy pains'.
- I can tell when someone isn't being honest (about their feelings or something factual).
- I worry about hurting other people's feelings.
- I often stick up for "the underdog" and feel strongly about social injustices.
- I tend to size people up rather quickly.

internal

- I like to daydream and often escape into my imagination.
- I need my own space and alone time. It's essential for me to unplug from the world sometimes.
- I get overwhelmed if there's too much going on in my life (too many activities, obligations or deadlines).
- Music, movies, books or the arts moves me very deeply.
- I am sensitive to caffeine, stimulants or other substances.
- I tend to be sensitive to hunger, pain and changes in my body.
- I would probably describe myself as having some addictive behavior.
- I don't like being told what to do or doing things I don't enjoy.
- I think people sometimes think of me as being insensitive.
- I consider myself to be a very creative person.
- I am often fatigued and/or have suffered with some type of auto immune issue.

spiritual

- I think a lot about spiritual matters (heaven, angels, etc).
- I feel a strong need to understand the meaning of life.
- I feel deeply connected to the universe, nature and spirit.
- I often wonder what my purpose is on earth.
- I am attracted to holistic healing and the metaphysical.
- I frequently contemplate love, fear, and truth.
- I believe humans are not alone in the universe.