

HSP questionnaire Elaine Aron 1998, 2002.

1. I am easily overwhelmed by strong sensory input.
2. I seem to be aware of subtleties in my environment.
3. Other people's moods affect me.
4. I tend to be very sensitive to pain.
5. I find myself needing to withdraw during busy days, into bed or into a darkened room or any place where I can have some privacy and relief from stimulation.
6. I am particularly sensitive to the effects of caffeine.
7. I am easily overwhelmed by things like bright lights, strong smells, coarse fabrics, or sirens close by.
8. I have a rich, complex inner life.
9. I am made uncomfortable by loud noises.
10. I am deeply moved by the arts or music.
11. My nervous system sometimes feels so frazzled that I just have to go off by myself.
12. I am conscientious.
13. I startle easily.
14. I get rattled when I have a lot to do in a short amount of time.
15. When people are uncomfortable in a physical environment I tend to know what needs to be done to make it more comfortable (like changing the lighting or the seating).
16. I am annoyed when people try to get me to do too many things at once.
17. I try hard to avoid making mistakes or forgetting things.
18. I make a point to avoid violent movies and TV shows.
19. I become unpleasantly aroused when a lot is going on around me.
20. Being very hungry creates a strong reaction in me, disrupting my concentration or mood.
21. Changes in my life shake me up.
22. I notice and enjoy delicate or fine scents, tastes, sounds, works of art.
23. I find it unpleasant to have a lot going on at once.
24. I make it a high priority to arrange my life to avoid upsetting or overwhelming situations.
25. I am bothered by intense stimuli, like loud noises or chaotic scenes.
26. When I must compete or be observed while performing a task, I become so nervous or shaky that I do much worse than I would otherwise.
27. When I was a child, my parents or teachers seemed to see me as sensitive or shy.