



Life is a journey.

Welcome! I'm so glad you're here.

The most valuable part of any exploration is the learning, awareness, and maybe even forgiveness and self-compassion that comes along the way.

You're likely reading this because

- » You are wondering if you're highly sensitive
- » You think someone in your life might be

Here are some things you should know.

- » Everyone is sensitive
- » Research shows that 15-20% of the population is highly sensitive
- » The things that shape our sensitivities are often beyond our comprehension
- » Sensitivities can include being more tuned in to subtle energies in people and spaces and being strongly affected by sensory input
- » There are genetic factors that contribute to a more sensitive nervous system that are strongly shaped by ones environment
- » Being sensitive can be experienced by introverts and extroverts alike
- » Sensitivity is found across the gender spectrum

A note about labels. If someone identifies as being a Highly Sensitive Person (HSP) they might choose not to use this label as it feels limiting to them. Others appreciate the label as a way to teach others how to celebrate them and support their choices and boundaries. See what feels right to you.

In my work, **I see each person as a living story.** While boxes and labels can be useful for a time, they can, by no means convey the summary of our parts put in one exceptional human.

On the next page, you'll find a self-assessment.

But first, let's pause for a moment here.

No matter what your results from the self-assessment convey, how you relate to the answer has a lot to do with what "being sensitive" means to you...or meant to the people and culture that raised you.

Find 5 minutes of free time. Ground yourself. Breathe into your belly. And write.

I grew up believing being sensitive was...

Today I believe being sensitive is...

Does your story need rewriting?

Okay, now on to the self-assessment. Remember this is just a beginning. No assessment is definitive. See what questions it brings up. **Stay curious!**

Self Assessment: Are you a Highly Sensitive Person (HSP)?

***Directions:** Make an "X" by each statement that feels mostly or absolutely true. You'll add these up once you are complete. Don't think too hard.*

1. Watching violent or scary movies terrifies me. The images can stay with me for days, months or even years. I avoid them at all cost.
2. I am easily startled by abrupt and/or loud noises.
3. The texture and feel of clothing are important to me. I can't stand tags on my neck or itchy socks.
- 4 I love the water. Taking a bath or shower can often change my mood. It's so cleansing.
- 5 I am strongly impacted by my environment. I can't stand fluorescent lights or strong smells.
- 6 Taking a walk in nature helps calm my body. If in a forest, I feel like the trees help me heal.
- 7 I always feel other peoples energy. It can really impact my moods. Sometimes I'm not sure how to separate my own thoughts and feelings from theirs.
- 8 It can be easy for me to fall into a state of depression.
9. I am very sensitive to caffeine and other stimulants. Even with medications, I've learned I often need less than the recommended dose.
10. Navigating transitions is really hard for me. Change feels upsetting at first, even if the change is good.
11. Relationships can be hard for me. I seem to trust others too quickly and get disappointed or keep a big distance and not trust others at all.
12. I tend to be the emotional caretaker and/or the primary listener in most, if not all of my relationships. When I really need support, I often don't know where to turn.
13. I have a very rich inner life. It is easy for me to spend time alone.
14. I've always felt a strong spiritual connection to life and nature, even when my relationships with other humans have felt absent or lacking in true connection.
15. A lot of times, I don't feel at home in my body.

16. It can be very hard for me to go to sleep after a stimulating day. Sometimes I can get overstimulated from what I actually do (external). Other times, it is by the things I am thinking about (internal).
17. In general, I prefer not to go to parties or busy gatherings. I easily get overstimulated.
18. I think a lot about being conscientious. I care deeply about others and have strong values.
19. I seem to notice things in my environment that others do not. I am very observant.
20. Growing up, adults often described me as shy or sensitive.
21. I could spend hours watching the ocean and listening to the waves. I can get joyfully overwhelmed by the beauty in nature.
22. It's easy for me to read the moods of other people.
23. If I get too hungry, I tend to have a strong reaction. It can disrupt my mood and my ability to get things done.
24. I don't like doing things back to back. Doing too much is really overwhelming for me.

Reading the Results: Count up your "X" marks Total: _____

If you answered true to 13 or more of the questions, you're likely highly sensitive. However, if only one or two questions are true of you, but they are extremely true, you might also find value in calling yourself highly sensitive.

My #1 Resource for further reading is *The Highly Sensitive Person: How to Thrive When the World Overwhelms You*, by Dr. Elaine Aron.

If you are a parent of a child who may be highly sensitive, I also recommend *The Highly Sensitive Child* by Dr. Elaine Aron.

WHAT IS NEXT?

Questions or stories to share?
I'd love to hear from you.

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GENTLENESS

For many of us, reparenting ourselves is a huge first step. Honor your natural preferences.

AWARENESS

Build your awareness of the trait by continued reading and learning.

CONNECT

Find community. Share this awareness with friends and family that have earned your trust. Reach out for support.

We are born of love; Love is our mother.

- Rumi -



Leah Walsh

I work with people who are **tender hearted**. These are **quiet & powerful leaders** who want to be seen & heard but struggle with overwhelm, self-doubt, and a lack of clarity on how to create their ideal lifestyle. I offer 1:1 coaching and experience-based playshops so that they can ground their confidence, awaken their impact, and live **fully expressed**.