

How Sensitive Am I?

(Online version)

Extended Self-Reflection Assessment (Online Version)

This self-reflection assessment is not a test with right or wrong answers. It is an invitation to notice how sensitivity shows up in your everyday life—emotionally, socially, physically, and internally.

The statements below build on the Chapter 1 assessment from *Mastering Sensitivity*, offering a slightly deeper lens for reflection. Take your time. Respond honestly. This is about understanding, not judgment.

Response Scale

Please respond to each statement using the following scale:

Often / Sometimes / Rarely / Never

There are no right or wrong responses—only gentle truths.

Emotional Sensitivity

Reflect on how deeply you experience emotions—your own and those of others—and how these experiences tend to stay with you.

1. I often sense the emotional states of others, even when they are not verbally expressed.
2. I experience emotions deeply, and I usually need time and space to process what I feel.
3. Witnessing emotional situations—such as conflict, suffering, or distress (even through news or films)—can stay with me for hours or days.
4. Strong emotional experiences tend to linger within me, influencing my mood, energy, or inner state beyond the moment itself.



Sensory Sensitivity

Reflect on how your nervous system responds to sensory input from your surroundings.

5. I become easily aware of sensory details in my environment, such as sounds, lighting, smells, or textures that others may not notice.
6. Busy, loud, or visually crowded environments can leave me feeling overstimulated or drained, even if I enjoy being there.
7. I tend to feel more at ease in calm, quiet, or aesthetically pleasing spaces than in chaotic or high-intensity settings.
8. After prolonged sensory stimulation, I often need intentional downtime to restore my energy and inner balance.

Social & Relational Sensitivity

Reflect on how social interactions and relationships affect you internally, emotionally, and energetically.

9. I tend to pick up on unspoken dynamics, moods, or tensions in social situations, even when nothing is openly expressed.
10. After social interactions—especially group settings—I often need time alone to reflect and recharge.
11. I feel most comfortable and energised in relationships that allow for emotional depth, authenticity, and meaningful connection.
12. Interpersonal conflict or misunderstanding can affect me deeply, even when I am not directly involved.

Internal Processing & Intuition

Reflect on how you internally process experiences, insights, and intuitive impressions.

13. I tend to reflect deeply on my experiences before sharing my thoughts or feelings with others.
14. I often sense or intuit things about situations or people before having clear logical explanations.
15. I need periods of quiet or solitude to make sense of my inner experiences and regain clarity.
16. I trust my inner impressions and reflections when making decisions, even if they are difficult to explain outwardly.



Physical & Energetic Sensitivity

Reflect on how emotional, environmental, and situational experiences affect your body and energy levels.

17. I notice that emotional situations can have a direct impact on my physical energy or bodily comfort.
18. After intense interactions or busy periods, I may feel physically tired or depleted even without obvious physical exertion.
19. Changes in routine, sleep, diet, or environment tend to affect my energy levels more than I expect.
20. I am sensitive to substances or physical inputs (such as caffeine, medication, temperature, or prolonged screen time) and notice their effects quickly.

Scoring & Reflection Guide

Noticing Your Patterns

Rather than focusing on a “score,” gently observe your responses across the statements.

- Notice how often you selected **Often** or **Sometimes** within each section.
- Some areas may show stronger patterns than others.
- There is no ideal balance—only what feels true for you right now.

Sensitivity shifts with context, life stage, and inner state. What you notice today may look different at another time.

Reflective Orientation (Instead of Labels)

If many of your responses fall under **Often** or **Sometimes**, it may suggest that sensitivity plays a meaningful role in how you experience the world—emotionally, socially, physically, or internally.

This does not define who you are.

It simply offers insight into *how you process life*.

Both ease and challenge can coexist within sensitivity.



✨ A Gentle Reflection Prompt

Take a quiet moment to consider:

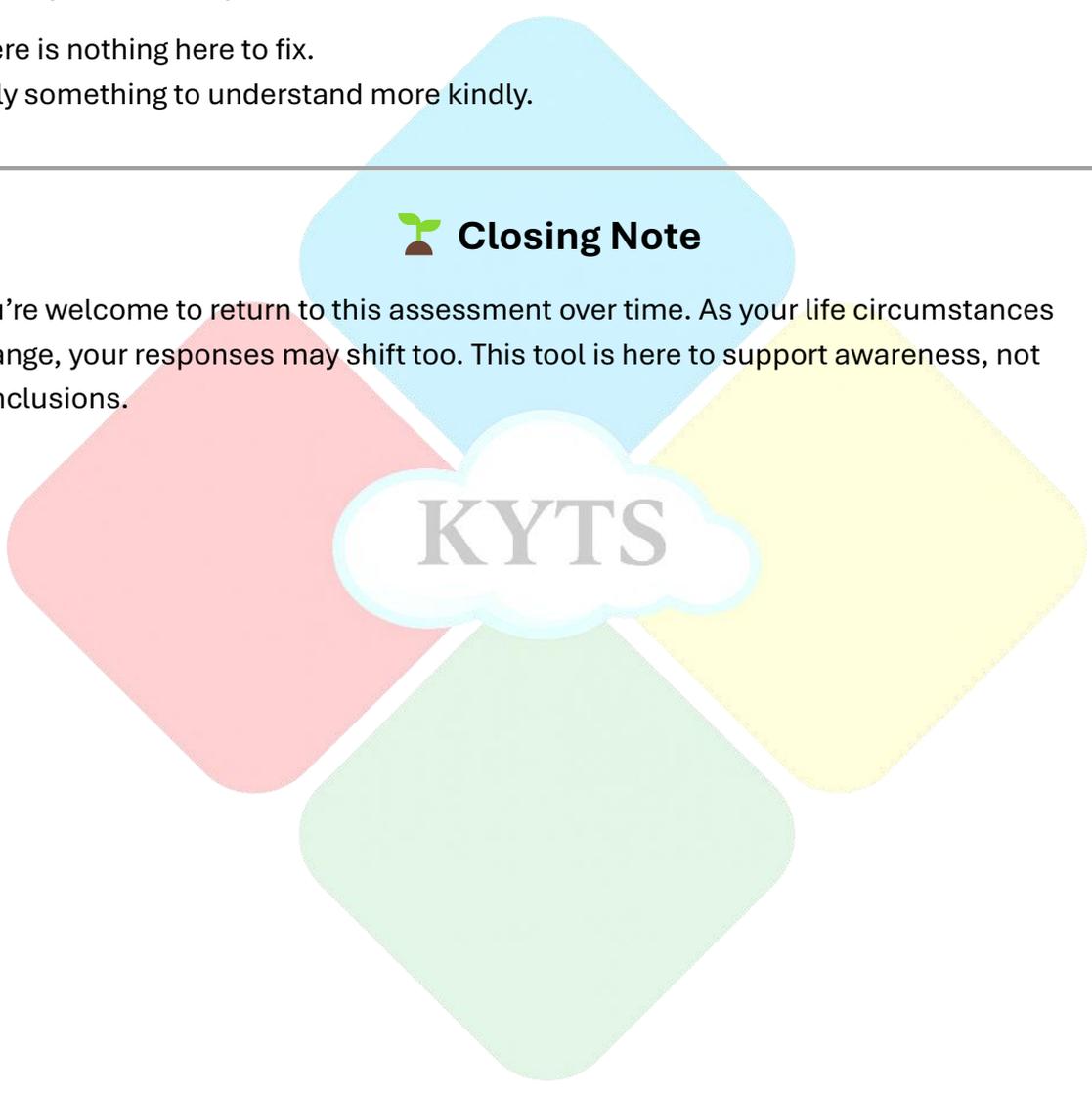
- In which areas do you notice sensitivity most strongly?
- How does this awareness help you understand your needs better?
- What small adjustments—rest, boundaries, expression, pacing—might support you more fully?

There is nothing here to fix.

Only something to understand more kindly.

Closing Note

You're welcome to return to this assessment over time. As your life circumstances change, your responses may shift too. This tool is here to support awareness, not conclusions.



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