

**Traits of a Highly Sensitive Person**

* Tendencies to get overwhelmed in groups and crowds
* Need for down time to recharge yourself
* Tendencies to have anxiety
* Inability to watch negativity on TV
* Physically sensitive to medication, alcohol, drugs, caffeine
* When you feel something, you feel it deeply (bad and good)
* Being an Empath (someone who can feel what another is feeling, even as far as acquiring physical symptoms)
  + - Being extremely intuitive
    - Absorb other people’s energy
    - May be psychic (visually, auditory, or have a sense of knowing)
    - Feelings of a spiritual connection
* Being easily drained when around others
* People are drawn to you and want to tell you their life story
* Tendency to be a nurturer
* Hypersensitivity to external stimuli such as sounds, touch, and lights
* If left misunderstood, one may experience oppression of the soul and feelings of defeat.

**Being a HSP is not a disorder. Making accommodations for the traits you have will only improve the quality of your life.**

**It is important to understand that you may have a diagnosable disorder and also be a HSP; however, being a HSP does NOT mean you have another disorder. If you are not sure, please seek a medical diagnosis.**

**DISCLAIMER:** DO NOT USE THIS IN PLACE OF A MEDICAL DIAGNOSIS, ESPECIALLY IF YOU BEEN EXPERIENCING ANXIETY, DEPRESSION, OR CONFUSION. IF YOU ARE HAVING THOUGHTS OF SUICIDE PLEASE CALL 911 IMMEDIATLELY