

Behaviours - High Sensitivity

High Sensitivity Exploration

Goal: **Assess** sensitivity traits **and explore** their impact.

Instructions: Use the prompts below to **reflect on your sensitivity** traits **and create a plan** to harness them as strengths.

1. Sensitivity Checklist

- Are you **easily overwhelmed** by bright **lights**, strong **smells**, or loud **noises**?
- Do you **notice subtleties** in your environment?
- Are you **deeply moved** by art or music?
- Do you **feel drained** after intense social interactions?

2. Reflection:

- Which traits **resonate** most with you?
- How do these traits **impact** your daily life, both positively and negatively?
- **What situations amplify or soothe** your sensitivity?

3. Sensitivity Action Plan

- **Identify** triggers and strategies **to manage** them (e.g., earplugs for noisy environments).
- List ways to harness your **sensitivity as a strength** (e.g., creative pursuits, empathetic listening).