



# Highly Sensitive Person Reflection Worksheet

## Understanding Your Sensitivity with Curiosity and Self-Compassion

Highly Sensitive People (HSPs) often process emotional and sensory information more deeply than others. This can lead to strengths like empathy, thoughtfulness, and emotional awareness, but it can also come with challenges such as overstimulation, overthinking, and harsh self-criticism.

It's also important to remember that sensitivity isn't always obvious from the outside. Some highly sensitive people may appear calm, numb, or emotionally detached, even though their internal emotional world is very active.

This reflection worksheet is designed to help you better understand how this shows up in your life, the strengths & challenges that comes with it, how you cope with strong emotions, and how to respond differently.

## Part 1: Noticing Your Sensitivity

Start by reflecting on how sensitivity shows up in your everyday life.

- replaying conversations after they happen
- noticing subtle shifts in others' moods
- feeling drained by busy environments
- feeling responsible for other's emotions
- difficulty with criticism
- experiencing other people's emotions (becoming very emotional when other's are talking about something they've been through or watching a sad commercial)
- feeling your own emotions very deeply

1. Which of these experiences feeling most familiar to you? Any other examples not on this list?

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2. What environments tend to trigger overstimulation or overwhelm for you? (crowds, loud spaces, social settings, meetings with your boss/employees, conflict)

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3. How does your body or mind respond when you start to feel overwhelmed? (racing thoughts, heart beating, muscle tension)

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## Part 2: Identifying Strengths and Limitations

3. What strengths might being an HSP give you?

Examples: empathy, intuition, creativity, emotional awareness, thoughtfulness

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4. In what ways does your sensitivity make relationships, work, and daily life more meaningful?

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5. What situations tend to be more difficult or draining?

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6. What boundaries or habits might help you protect your energy? (Scheduling downtime after social events, limiting emotionally draining interactions, setting boundaries, giving yourself permission to rest)

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## Part 3: How Do You Cope With Big Emotions?

Highly sensitive people often experience emotions deeply. However, the ways we learn to cope with those emotions can vary. Some HSPs may feel extremely numb due to working hard to turn off/avoid their emotions. Some HSPs express emotions outwardly while others cope by shutting down, disconnecting, or avoiding feelings altogether.

7. Think of the last time you experienced a big emotion. How did you cope with it? Did this coping strategy help you in the long term? Are there patterns in how you tend to respond to overwhelming emotions? (Lash out, avoid, distract, people please, etc)

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## Part 4: The HSP and Inner Critic

Many HSPs develop a strong inner critic, especially if they've been told they are "too sensitive" or feel responsible for other's emotions.

8. Has being sensitive ever made you feel like you aren't good enough? Why? (it may be that someone told you that you're too sensitive or maybe you grew up in an invalidating or perfectionistic environment)

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9. Do you tend to assume that **you are the problem** when something goes wrong in an interaction or relationship?
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## Part 5: Self-Sabotaging Patterns

Sometimes, the ways we cope with sensitivity can unintentionally create new challenges

10. Do any of these patterns resonate with you? How have these patterns impacted you?

- People-please to avoid conflict
- Pushing others away to protect yourself
- Avoiding situation that feel overwhelming
- Withdrawing completely when things feel intense
- Engaging in maladaptive behaviors to drown out the emotions (drinking, using drugs, self-harm, restrictive eating, binge eating, co-dependency)

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11. What might these behaviors be trying to protect you from?

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## Part 6: Challenging the Inner Critic

Sensitivity doesn't need to be silenced. The goal is learning how to respond to yourself with greater compassion and understanding.

12. When your inner critic is loud, how can you respond with self compassion instead?

Example: "It's okay to have boundaries to protect my energy" or "My sensitivity has helped me notice things others might miss".

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## Final Reflection

Being highly sensitive is **not something that needs to be fixed.**

HSPs often have the ability to connect with others deeply, notice emotional nuances, and approach life with empathy and insight.

The goal isn't to become less sensitive, but to learn how to:

- understand and regulate your nervous system
- protect your energy
- respond to yourself with compassion rather than criticism
- check the facts of situations

When you learn to work with your sensitivity instead of against it, it can become one of your greatest strengths.

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