YOUR ANSWERS. YOUR PERSPECTIVE.

High-sensitivity

Personal everyday reflection

A wholly fictional example. The values illustrate a report and say nothing about you.

ANSWERED: 20 / 20 | 4 PROFILE AREAS

1

Sensory impressions

You describe sound, light or touch as strongly capturing attention. Rich sensory environments may require more concentration; this does not establish better or worse perception.

2

Processing impressions

You describe thinking longer about details, encounters or possible consequences. Impressions linger for you; this can mean thorough consideration while also occupying attention for longer. Some responses differ substantially from this direction.

3

Individual responses matter

Processing impressions: Scored responses range from 2 to 5/5 (items 9 & 10).

Your first small step

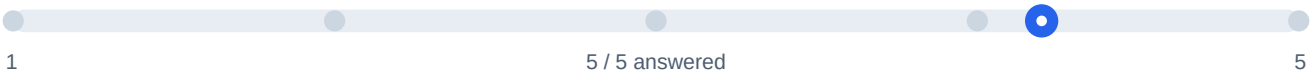
Which recent experience stayed with you? What about it was interesting, helpful or demanding?

02 / YOUR REPORT

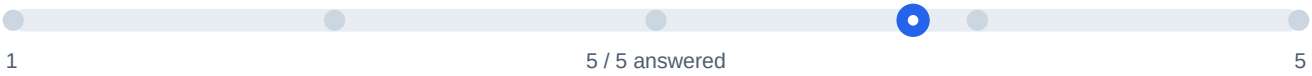
Your profile at a glance

Each dot shows an area response average on a scale of 1 to 5. Only your own responses are compared.

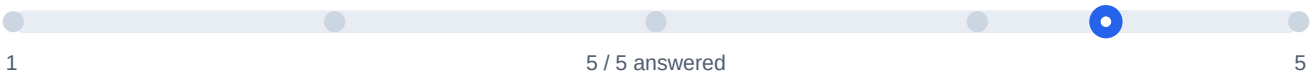
Sensory impressions **4.2 / 5**



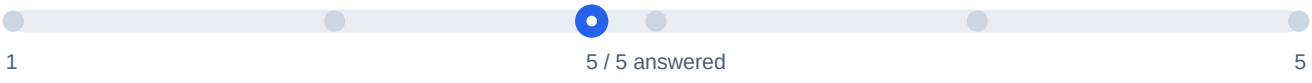
Processing impressions **3.8 / 5**



Interpersonal resonance **4.4 / 5**



Rest after stimulation **2.8 / 5**



How to read the chart

1 = low, 3 = midpoint, 5 = high agreement in the scored direction. Higher is not automatically better. The midpoint is not the average of other people; small differences are not necessarily meaningful.

No area value is shown if fewer than 80% of its items are answered. This is a display rule for incomplete data, not a performance or health threshold.

03 / YOUR REPORT

Connecting your responses

Observations from your responses, not fixed characteristics.

The results describe which stimuli you experience intensely, how impressions linger and when you want quiet. They do not establish a scientifically measured “highly sensitive” status or rank sensitivity as better or worse.

Your result in words

Sensory impressions: You describe sound, light or touch as strongly capturing attention. Rich sensory environments may require more concentration; this does not establish better or worse perception.

Processing impressions: You describe thinking longer about details, encounters or possible consequences. Impressions linger for you; this can mean thorough consideration while also occupying attention for longer.

Processing impressions: take a closer look

The average combines different responses. These two items show why one number alone does not capture your whole perspective:

Item 9: Music or images can continue to bring up thoughts and memories for a while. | Mostly untrue

Item 10: After ordinary encounters, I can quickly turn my thoughts to other things. | Not at all true

Consider a possible everyday situation

Which recent experience stayed with you? What about it was interesting, helpful or demanding?

04 / YOUR REPORT

Sensory impressions

Trace your responses and connect them with everyday situations.

This area describes how noticeably sound, light and touch occupy your attention in daily life. It does not measure sensory ability.

Your response value **4.2 / 5**



What this means in practice

You describe sound, light or touch as strongly capturing attention. Rich sensory environments may require more concentration; this does not establish better or worse perception.

Scale direction: less reported sensory impact / more reported sensory impact.

Two concrete responses

Item 3: I still notice certain fabrics or seams while concentrating on a task.

Your response: Partly true

Item 5: I can easily leave ordinary everyday sounds in the background.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

Which setting feels comfortable, and which specific feature makes a difference?

When does this fit me - and when does it not?

05 / YOUR REPORT

Processing impressions

Trace your responses and connect them with everyday situations.

This area concerns how long thoughts about experiences continue and how many details you consider. It is not a measure of intelligence.

Your response value **3.8 / 5**



What this means in practice

You describe thinking longer about details, encounters or possible consequences. Impressions linger for you; this can mean thorough consideration while also occupying attention for longer.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: less reported ongoing processing / more reported ongoing processing.

Two concrete responses

Item 9: Music or images can continue to bring up thoughts and memories for a while.

Your response: Mostly untrue

Item 10: After ordinary encounters, I can quickly turn my thoughts to other things.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

Which recent experience stayed with you? What about it was interesting, helpful or demanding?

When does this fit me - and when does it not?

06 / YOUR REPORT

Interpersonal resonance

Trace your responses and connect them with everyday situations.

These statements explore your own response to other people's mood and expression. They do not test whether your interpretation of others is accurate.

Your response value **4.4 / 5**



1 5 / 5 answered 5

What this means in practice

You describe clear emotional responsiveness to tone and atmosphere. This includes pleasant and tense encounters; it does not establish that your interpretation of others is always accurate.

Scale direction: less reported resonance / more reported resonance.

Two concrete responses

Item 15: Other people's moods generally have little effect on my own mood.

Your response: Partly true (reverse-scored in the calculation)

Item 14: I notice small changes in tone during a conversation.

Your response: Very true

A prompt for further reflection

What kind of encounter feels good to you? Describe the situation without attributing thoughts to the other person.

When does this fit me - and when does it not?

07 / YOUR REPORT

Rest after stimulation

Trace your responses and connect them with everyday situations.

This area describes how much space and quiet time you prefer after stimulating situations. Needing rest is not a weakness.

Your response value **2.8 / 5**



What this means in practice

Your answers fall between “less reported need for quiet” and “more reported need for quiet”. This can reflect differing experiences or tentative agreement. The particular statements you endorse or reject are more informative here than the average alone.

Scale direction: less reported need for quiet / more reported need for quiet.

Two concrete responses

Item 16: After a day with many encounters, I initially want time without more conversation.

Your response: Mostly untrue

Item 18: A quiet setting helps me sort through the impressions of a busy day.

Your response: Mostly true

A prompt for further reflection

What kind of brief pause feels right for you? Choose something voluntary and realistic in your daily life.

When does this fit me - and when does it not?

08 / YOUR REPORT

Your values clearly explained

Sensory impressions

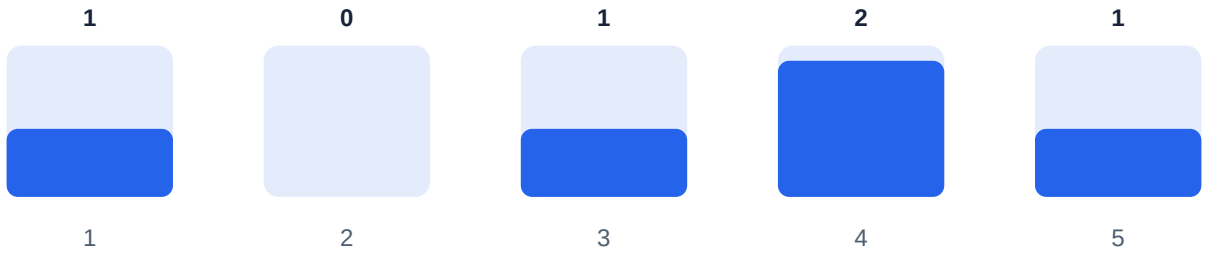
Response positions are counted from 1 to 5. The sum is divided by the number of answered statements in this area.

For reverse-scored statements, 1 becomes 5, 2 becomes 4 and vice versa; 3 stays 3. This aligns values with the stated scale direction. Your selected response remains unchanged in the appendix.

Calculated from your actual responses

4 + 5 + 3 + 4 + 5 = 21. 21 / 5 = 4.2 / 5.

The distribution of your selected responses



The columns count your selected response positions 1 to 5 before any reverse scoring. The same average can come from very different responses.

For the wording, response averages below 2.5 are described as lower agreement, above 3.5 as higher agreement, and those between as middle agreement. These are editorial response-scale bands, not scientifically validated cutoffs. Identical averages can arise from different responses.

A profile without a ranking

We assign no population rank or fixed type. The scales describe responses to particular statements. Choose your own priorities; a high or low value does not require change.

09 / YOUR REPORT

Your own next step

An optional everyday idea, without a performance target.

1

Today: note one situation

Starting point: Processing impressions. Choose a response in this area and note when it last fitted. A counterexample is just as useful.

2

This week: explore a perspective

Which recent experience stayed with you? What about it was interesting, helpful or demanding?

3

Afterwards: decide for yourself

What fits you and what does not? Record one insight and decide whether to keep anything. You do not need a higher score or another purchase.

My situation and what matters to me:

My optional idea and a suitable time:

What I would like to take from this:

10 / YOUR REPORT

Method and limitations

What the report is based on

High sensitivity is not a disorder in itself. This original questionnaire is not a validated sensitivity scale and does not place you in an established scientific group. Values describe only your agreement with these selected statements; higher values are not automatically disadvantageous. Stress, circumstances and daily variation can affect responses. Discuss persistent difficulties with a qualified professional regardless of the profile.

Your responses are summarised according to the fixed rules explained here. Examples refer to the item numbers shown. No automated detection or assessment of a medical condition takes place.

Keeping the limitations in mind

Screening and self-reflection do not replace a medical or psychological assessment. Original reflection questions are not clinically validated. Each test page explains its method and limitations.

A profile does not cover every aspect of a person. It is a snapshot of your responses. Important relationship, career or other life decisions should not depend on it alone.

If you would like support

If symptoms are affecting you, seek support from a qualified health professional. In immediate danger, contact your local emergency services or nearest emergency department. Help information is available without an email address or payment.

Open general support information

Questionnaire version: 2026-10-29.27 | Report format: 2026-10-29.28

APPENDIX / YOUR REPORT

Your responses in full

Every scored response remains traceable. Skipped items are explicitly identified.

1 **When several sounds occur at once, I find it hard to focus on a conversation.**
Sensory impressions | Mostly true

2 **Bright lighting draws my attention even when I want to focus on something else.**
Sensory impressions | Very true

3 **I still notice certain fabrics or seams while concentrating on a task.**
Sensory impressions | Partly true

4 **In a familiar setting, I notice small changes in the background sounds.**
Sensory impressions | Mostly true

5 **I can easily leave ordinary everyday sounds in the background.**
Sensory impressions | Not at all true | reverse-scored

6 **After a new experience, I continue thinking about details long after the event has ended.**
Processing impressions | Partly true

7 **A remark sometimes occupies my thoughts for longer than the conversation itself.**
Processing impressions | Very true

8 **When making a decision, I notice several possible consequences that I want to sort through first.**
Processing impressions | Mostly true

9 **Music or images can continue to bring up thoughts and memories for a while.**
Processing impressions | Mostly untrue

10 **After ordinary encounters, I can quickly turn my thoughts to other things.**
Processing impressions | Not at all true | reverse-scored

11 **A tense conversational atmosphere stays with me after I leave the room.**
Interpersonal resonance | Very true

12 **A friendly tone can noticeably lift my mood.**
Interpersonal resonance | Mostly true

13 **When someone describes a difficult experience, I notice a clear emotional response in myself.**
Interpersonal resonance | Very true

14 **I notice small changes in tone during a conversation.**
Interpersonal resonance | Very true

Your responses in full / CONTINUED

15 **Other people's moods generally have little effect on my own mood.**
Interpersonal resonance | Partly true | reverse-scored

16 **After a day with many encounters, I initially want time without more conversation.**
Rest after stimulation | Mostly untrue

17 **When several appointments follow one another, I need a break from further stimulation afterwards.**
Rest after stimulation | Partly true

18 **A quiet setting helps me sort through the impressions of a busy day.**
Rest after stimulation | Mostly true

19 **I like to leave some free time after lively events.**
Rest after stimulation | Partly true

20 **After an eventful day, I can usually move straight on to more activities.**
Rest after stimulation | Mostly true | reverse-scored