











\* Please choose the number that best describes you for each item below. 

## Highly Sensitive Introvert Survey January 2020

1 = Least , 2 = 1 , 3 = 2 , 4 = 3 , 5 = 4 , 6 = 5 , 7 = 6 , 8 = Most

Answer	1	2	3	4	5	6	7	8	Number of Responses	Rating Score*	
I want to feel more confident so I can express my Authentic Self instead of wearing a mask.									68	5.9	6
I want to hear the voice of God, develop more spiritual intimacy, and meditate to restore my physical energy, health and inner peace.									68	6.8	1
I have trouble balancing my need for time alone with other activities.									68	5.2	9
It disturbs me that family members, friends or co-workers think that I am too sensitive.									68	5.0	10
I yearn for deeper genuine emotional connections.									68	6.4	4
I want to improve my ability to manage conflicts so I don't lash out or go quiet.									68	6.5	3
Anxiety and/or depression is a problem for me.									68	5.7	7
I wish I could regulate my intense emotions better									68	5.5	8
While I am empathetic, I can also be critical of others and myself.									68	6.1	5
I want to heal emotional wounds, resolve internal conflicts and increase my self-worth.									68	6.6	2

\*The Rating Score is the weighted average calculated by dividing the sum of all weighted ratings by the number of total responses.

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