











Highly Sensitive Introvert Survey January 2021 \* Benita A. Esposito \* [www.SensitiveIntrovert.com](http://www.SensitiveIntrovert.com)

| Answer   |  | Number of Responses | Rating Score* |
|--|--|---------------------|---------------|
| It's important to deepen my spiritual intimacy and be able to hear the voice of God.   |  | 22                  | 5.4           |
| I'd love to develop healthy relationships and experience genuine emotional connection.   |  | 22                  | 5.5           |
| I want to heal my emotional wounds, resolve INTERNAL conflicts and increase my self-worth.   |  | 22                  | 5.6           |
| I want to manage conflicts so I don't lash out, get quiet or be an unhealthy people-pleaser.   |  | 22                  | 5.1           |
| I'd like to have the confidence to express my Authentic Self instead of wearing a mask.  |  | 22                  | 5.5           |
| I would like to learn meditation and stress reduction tools to create more resilience.   |  | 22                  | 5.0           |
| I wish I could get a better night's sleep.   |  | 22                  | 4.4           |
| I'd like to take better care of myself (such as eating healthy food, taking more breaks, and exercising) but something sabotages me. |  | 22                  | 5.0           |
| I'd like to help others in such a way that I also take care of my needs. I tend to be a people-pleaser.                              |  | 22                  | 4.5           |
| I'm concerned about my physical health.  |  | 22                  | 4.2           |