



Awareness Checklist

High Sensitivity

Check in with yourself to see how you feel about each question, then rate how well the statement fits you when you're at your best, with 0 (not at all), 1 (slightly), 2 Moderately, or 3 (Very Much). Total your scores and record in the Profile section.

1. I am easily overwhelmed or bothered by strong sensory input – lots of noise, bright lights, other people's energy, chaotic scenes, or strong smells.
2. I notice and enjoy delicate or fine scents, tastes, sounds, works of art.
3. I find it unpleasant, or become unpleasantly aroused, when a lot is going on at once.
4. I am aware of subtleties in my environment.
5. Other people's moods affect me.
6. I am very sensitive to pain.
7. I avoid violent movies and TV shows.
8. I need to withdraw during busy periods, into bed, the toilet, a darkened room, or a place where I can have privacy and relief from stimulation.
9. I am particularly sensitive to the effects of caffeine
10. I am conscientious.
11. I startle easily.
12. I get rattled when I have a lot to do in a short amount of time.
13. When people are uncomfortable I tend to know what needs to be done in a physical environment to make it more comfortable (like changing lighting or seating).
14. I am annoyed when people try to get me to do too many things at once.
15. Being very hungry creates a strong reaction in me, disrupting my concentration or mood.
16. Changes in my life shake me up.
17. I avoid conflict, or upsetting or overwhelming situations.
18. When I must compete or be observed while performing a task, I become nervous or shaky.
19. When I was a child, my parents or teachers seemed to see me as sensitive or shy.
20. I often accommodate the needs of others at the expense of my own
21. I have been told that I can be overwhelming to others
22. I have been made uncomfortable or unwell by environmental conditions that don't seem to affect others
23. I have been told I'm too intense
24. I have been told I'm too serious
25. I continue to process experiences long after they're over
26. At times I take on more than I can realistically do because everything sounds so interesting
27. I need more sleep than most people
28. A busy schedule for too many days overwhelms me, even if I enjoy what I am doing and want to do it
29. I can see all sides of an issue, not just the one I prefer/agree with
30. I become readily absorbed in what I am doing
31. I find it hard to walk away from things

32. I have strong attachments to people, places, things
33. My mind goes blank when I'm put on the spot
34. I am deeply disturbed by others' insensitivities
35. I find it hard to do things that don't interest me
36. I cry when I'm angry/overwhelmed more easily than others
37. I need time alone
38. Sometimes I feel like a raw, exposed nerve
39. I am excessively aware of others' feelings
40. I have a bizarre sense of humor
41. I am good at calming and reassuring others
42. I pick up the feelings others don't acknowledge having
43. Others' moods – and even their presence – affects me
44. I sometimes feel irritable/overwhelmed around others without knowing why

Drawn from the work of Elaine Aron, Ph.D; Stephanie T. Machell, Psy. D; Barrie Jaeger, Ph.D; and Catherine Post, MSW

Giftedness

Take a moment to check inside yourself to see how you feel about each question, then rate how well the statement fits you when you're at your best, with 0 (not at all), 1 (slightly), 2 Moderately, or 3 (Very Much). Total your scores and record in the Profile section.

Compared to others I know, I:

1. have a history of "using up" jobs because I learn them quickly then get bored
2. am happy in my career because it's so outrageously challenging it's impossible to get bored in it
3. have a list of friends I have drifted away from; who were initially interesting but became boring
4. have long-term fulfilling friendships with friends who are brilliant and so challenging it would be difficult to become bored with them
5. tend to work faster than others around me
6. often have more energy
7. am OK being regarded as an oddball
8. have a lively sense of humor
9. have a very highly developed moral sense
10. have more insight and intuition
11. often feel out of sync with the rest of the world
12. see patterns and analogies quickly and am comfortable thinking abstractly
13. just seem more complicated
14. have always had an insatiable curiosity.
15. am able to run my mind on multiple tracks at the same time.
16. learn rapidly and retain / apply what I learn.
17. tend to be very independent.
18. tend to be less motivated by rewards, bonuses, and praise.
19. have asked embarrassing questions or rudely pointed out truths at the wrong time.
20. have a preference for the complex that can fool me into underestimating the simple answer.
21. like to refine and improve others' innovations.
22. experience and feel comfortable with a wide range of emotions.
23. can see many sides to nearly any issue.
24. can help others understand themselves better.
25. am a seeker and champion of ultimate truths.
26. Honesty, integrity, and ethics are important to me.

27. I can feel along with and for others.
28. I set high standards for myself and for others and am my own worst critic.
29. I tend to look for consistency and security in systems, rules, and orderliness.
30. I am often considered a "driven" person.
31. I have maintained my childlike sense of wonder.
32. I am intent on searching out universal truths.
33. I am deeply disturbed by inequity, exploitation, corruption, and needless human suffering.
34. I can and do work myself to exhaustion, or ignore my own needs for the sake of others.
35. Some people think I'm too serious.
36. I have always been interested in social reform.
37. I value and will defend diversity.
38. I have a strong need to "make a difference."
39. I have a penchant for risk-taking.

Drawn from the work of Dr. Mary-Elaine Jacobsen and Marylou Kelly Streznewski.

Multiple Intelligences

For each of the following, rate how well the statement fits you when you're at your best, with 0 (not at all), 1 (slightly), 2 Moderately, or 3 (Very Much). Total your scores and register them on the Profile page at the end of this evaluation.

Body Smart

1. I instinctively use my body to express ideas
2. I'm good at making things with my hands
3. I can convey ideas and feelings via movement
4. I tend to understand things through my body
5. I have above-average mind/body coordination
6. I rely on my body's dexterity in highly skilled ways
7. I prefer hands-on methods of learning
8. I often touch things to better understand them
9. Ideas come to me best when I am in motion
10. I regularly participate in sports or physical activities

Word Smart

1. I'm highly verbal and an easy talker
2. My ears are "tuned in" to the rhythms, subtleties, patterns, and nuances of speech
3. I can fluently express my ideas and feelings
4. I tend to think out loud and use others as sounding boards for my ideas and concerns
5. In school I found English and history classes were easier than science and/or math
6. I rely on my communication skills to succeed
7. Books are an important part of my life
8. I make sense of things through words
9. I can entertain myself with meaningful and nonsensical combinations of words

10. Names, rhymes, and words run through my head all the time

Spatial Smart

1. I turn mental images into something concrete
2. I can re-create visual material from memory
3. I have a reliable mental mapping system
4. I can visualize things from various angles
5. I notice details of arrangement in my surroundings
6. I rely on graphs, charts, outlines, and diagrams
7. I like puzzles, mazes, and visual brain teasers
8. I like geometry more than algebra
9. I like to read things that have many illustrations
10. I regularly doodle or sketch out my ideas

Music Smart

1. I'm sensitive to the pitch, tone, and rhythm of sounds
2. I respond to the emotional impact of music
3. I can express ideas and feelings with music
4. I can play at least one musical instrument
5. For me, sound and music are linked to important symbolic meanings
6. I experience music as a powerful mood maker
7. I often find I'm tapping out an interesting beat
8. Songs and jingles regularly run through my head

9. It bothers me when music is off-key
10. I am a better-than-average singer

Logic Smart

1. I look at problems as "if __, then __" questions
2. I often solve problems before I'm able to articulate the solution
3. I value lists, timelines, numbers, and equations
4. I like to develop and evaluate theories
5. I tend to be a rational, scientific thinker
6. I rely on my objective observation skills
7. I am most comfortable with things that can be measured or analyzed with numbers
8. In school I preferred math &/or science classes
9. I enjoy reading about science and inventions
10. I tend to look for holes in people's thinking

Relationship Smart

1. I sensitively respond to others' needs and feelings
2. I'm keenly aware of mood, temperament, intention
3. I have a sophisticated way of "reading" situations
4. I value social prowess and meaningful relationships
5. I rely on my ability to listen perceptively
6. I'm skilled at picking up and interpreting the subtleties of body language and intonation
7. People tend to come to me for advice/support
8. It's easy for me to make and keep friends
9. I enjoy social events and group participation
10. I seem to be a natural leader

Nature Smart

1. I regularly notice, categorize plants/animals
2. I'm fascinated by patterns and ways of nature
3. I am environmentally sensitive and attuned
4. I match my "frequency" with natural settings
5. I have affinity for agriculture/biology/science
6. I find the world of nature comforting and exciting
7. In school I enjoyed outdoor activities/field trips
8. It bothers me when I am not outdoors very much
9. I have often thought I get along with animals better than people
10. I feel directed toward the protection of nature

Self Smart

1. I comprehend my own emotions and goals
2. I consider self-knowledge a source of guidance
3. I have a good "working model" of my identity
4. I can extract deep meaning from bits of daily life
5. I have a private "observer-evaluator" at work within
6. I enrich my life by reliving poignant memories
7. I find personal-growth classes and counseling enlightening and helpful
8. I regularly review my life goals
9. I need time for contemplation and reflection
10. I have an entrepreneurial nature

Profile:

- **High Sensitivity** __ out of 132

- **Giftedness:** __ out of 117

Multiple Intelligences

- Body Smart __ out of 30
- Word Smart __ out of 30
- Spatial Smart __ out of 30
- Music Smart __ out of 30

- Logic Smart __ out of 30
- Relationship Smart __ out of 30
- Nature Smart __ out of 30
- Self Smart __ out of 30

MI Total out of 240: _____

Resources

- **The Gifted Adult**, Mary-Elaine Jacobsen
- **Highly-Sensitive Person**, Elaine Aron