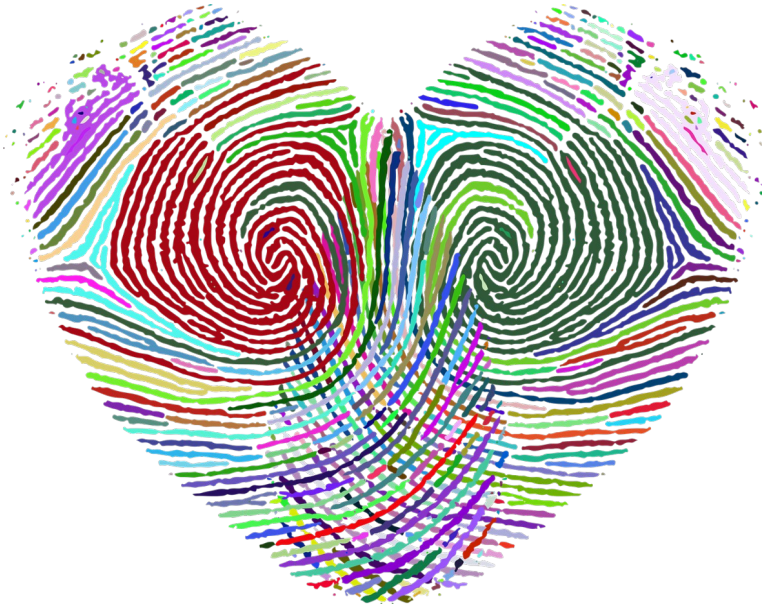


# Sensitivity Fingerprint™ Assessment



**Get to Know Your Highly Sensitive Soul by  
understanding the trait of High Sensitivity and how it shows up for  
you—both the struggles and strengths.**

by Diane Eble: Highly Sensitive Person (HSP), writer and author, Certified Healing Codes Coach-Practitioner, and editor of *[The Healing Code](#)* by Dr. Alexander Loyd and Dr. Ben Johnson

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**Y**ou have realized you are Highly Sensitive (HS). You are getting to know your Highly Sensitive Soul.

Your Highly Sensitive Soul will thrive when you create an environment that fits your unique design. That's why I call this assessment your Sensitivity Fingerprint™. How the trait of Sensory Processing Sensitivity shows up for you will be as unique as your fingerprint.

It is also the fingerprint of your Maker on your heart—your one-of-a-kind, Divine Design.

If you took [the online survey, thank you!](#) The survey will help me know how best to serve you.

This Sensitivity Fingerprint Assessment is something you can take again for yourself now, and also periodically. (Keep a copy of the blank one and rename and date it whenever you retake it.)

You may find that, as you progress in understanding your unique HS Fingerprint, some of the things that were struggles before become less so. You may notice yourself appreciating more of the positives of the trait.

You may also discover new things that pop up to be healed. Healing and transformation are a process, not to be hurried. If you feel anything less than thrilled about possessing this trait, then just be present with what it coming up. Likely it's something that can be healed and transformed, adding to your growth, self-acceptance, and alignment with your divine design.

**1. How does this trait show up in your life?** (Check all that apply. Or you can rate each one on a scale of 1-5 as to how true it is for you.)

- You absolutely can't stand violence or cruelty. It's often difficult to watch the news.
- You can get emotionally exhausted from absorbing others' feelings.
- Time pressure really stresses you. Too many things on your to-do list overwhelms you.
- You need to withdraw often to recharge, even if you're an extrovert.
- You startle easily when something unexpected happens.
- You think deeply, and may be accused of overthinking.
- You're a seeker; you need to know why.

- Sudden, loud noises startle you. Noise in general bothers you.
- Your clothing matters; you need to feel comfortable in what you wear.
- You have a low tolerance for pain.
- You enjoy a rich inner world that is alive and present.
- Change upsets you, and you avoid it whenever you can.
- Being in a new environment (traveling, moving) is difficult for you.
- You are often misunderstood.
- You get hangry (hungry and angry) if you haven't eaten in a while.
- You are sensitive to what you take into your body, such as caffeine or alcohol or medications.
- Conflict is very upsetting to you, and you may find yourself avoiding it at all costs.
- Criticism and negativity are like daggers to your soul.
- You're conscientious, and try hard not to make mistakes.
- Beauty deeply moves you.

**2. What struggles do you experience with being Highly Sensitive? (Check all that apply.)**

- overthinking or analysis paralysis
- overwhelm
- absorbing other people's emotions
- over-responsibility
- procrastination
- perfectionism
- over-protection (hiding)

- \_\_\_ shame
- \_\_\_ people pleasing
- \_\_\_ critical/judgmental of myself
- \_\_\_ critical/judgmental of others
- \_\_\_ digestive or overall health issues (often "mysterious")
- \_\_\_ overstimulation
- \_\_\_ being misunderstood
- \_\_\_ dealing with my emotions
- \_\_\_ relationship issues (e.g. dealing with non-HSPs)
- \_\_\_ feeling judged for the way I am
- \_\_\_ feeling different from others; feeling like I don't fit in

**What is your BIGGEST struggle with being Highly Sensitive?** (Feel free to add anything not on the previous lists.)

**What do you love about being Highly Sensitive?**

*If at any time you would like some further help with getting to know—and perhaps heal—your Highly Sensitive soul, please contact Diane Eble at [HealingHeartIssues.com](http://HealingHeartIssues.com).*