

# TRAITS OF A HIGHLY SENSITIVE PERSON



Dislikes violence



Sensitive to others' emotions



Feeling overstimulated



A vivid imagination



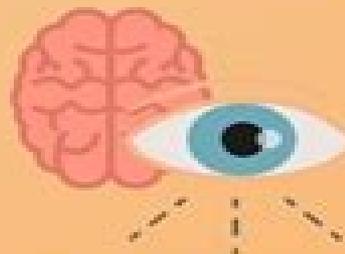
Easily startled



Need time alone



Deep appreciation of beauty



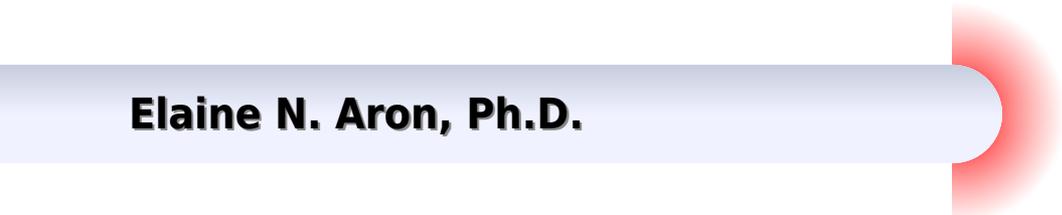
Perceptive



Strong emotional responses

# The Highly Sensitive Person

**Elaine N. Aron, Ph.D.**



## **The Highly Sensitive Person:**

**The Highly Sensitive Person** Elaine N. Aron, 2013-12-01 The 25TH ANNIVERSARY EDITION of the original groundbreaking book on high sensitivity with over 500 000 copies sold ARE YOU A HIGHLY SENSITIVE PERSON Do you have a keen imagination and vivid dreams Is time alone each day as essential to you as food and water Are you noted for your empathy Your conscientiousness Do noise and confusion quickly overwhelm you If your answers are yes you may be a highly sensitive person HSP and Dr Elaine Aron's The Highly Sensitive Person is the life changing guide you'll want in your toolbox Over twenty percent of people have this amazing innate trait Maybe you are one of them A similar percentage is found in over 100 species because high sensitivity is a survival strategy It is also a way of life for HSPs In this 25th anniversary edition of the groundbreaking classic Dr Elaine Aron a research and clinical psychologist as well as an HSP herself helps you grasp the reality of your wonderful trait understand your past in the light of it and make the most of it in your future Drawing on her many years of study and face to face time spent with thousands of HSPs she explains the changes you will need to make in order to lead a fuller richer life Along with a new Author's Note the latest scientific research and a fresh discussion of antidepressants this edition of The Highly Sensitive Person is more essential than ever for creating the sense of self worth and empowerment every HSP deserves and our planet needs Elaine Aron has not only validated and scientifically corroborated high sensitivity as a trait she has given a level of empowerment and understanding to a large group of the planet's population I thank Dr Aron every day for her having brought this awareness to the world Alanis Morissette artist activist teacher

**The Highly Sensitive Person** ,2018 The Highly Sensitive Person How to Thrive When the World Overwhelms You by Elaine N Aron Conversation Starters Since its original publication in 1996 Dr Elaine Aron's book The Highly Sensitive Person How to Thrive When the World Overwhelms You has been translated into 18 languages and has helped millions of people around the world Author Elaine Aron introduced the world to a very distinct personality trait She claimed that it affects one out of five people in the world She called this HSP or the Highly Sensitive Person She described this person as highly sensitive because of his sensitive nervous system This person is aware of his surroundings and these affect the person in an intensified level This person's key quality is his ability to ponder explore and associate everything that surrounds him According to Aron this sensitivity is anything but a flaw In The Highly Sensitive Person she shifts the perspective on the stereotypes placed on HSPs and helps HSPs themselves to view their personality as an asset not a liability Counseling and Human Development says that Aron's book is the first to talk about this personality and help those who have it to make the most of it The New Times says that The Highly Sensitive Person is a valuable resource A Brief Look Inside EVERY GOOD BOOK CONTAINS A WORLD FAR DEEPER than the surface of its pages The characters and their world come alive and the characters and its world still live on Conversation Starters is peppered with questions designed to bring us beneath the surface of the page and invite us into the world that lives on These questions can be used to Create Hours of Conversation

Foster a deeper understanding of the book Promote an atmosphere of discussion for groups Assist in the study of the book either individually or corporately Explore unseen realms of the book as never seen before *Psychotherapy and the Highly Sensitive Person* Elaine N. Aron, 2011-04-27 Dr Elaine Aron's newest book *Psychotherapy and the Highly Sensitive Person* redefines the term highly sensitive for the professional researcher and practitioner She dispels common misconceptions about the relationship between sensitivity and other personality traits such as introversion and shyness and further defines the trait for the benefit of both the clinician and patient Readers will learn to assess for the trait distinguish it from clinical diagnoses such as panic disorder or avoidant personality disorder understand how sensitivity may change the presentation of a problem such as depression or shyness and generally inform validate and improve the quality of life for these clients She pays particular attention to self esteem issues and helping patients separate effects of their innate temperament from problems due to their personal learning histories Dr Aron keeps both patient and practitioner in mind as she suggests ways to adapt treatment for highly sensitive persons and how to deal with the typical issues that arise Three appendices provide the HSP Scale a summary of the extensive research on this innate trait and its relation to DSM diagnoses Through this helpful guide therapists will see a marked improvement in their ability to assist highly sensitive clients *The Highly Sensitive Person's Workbook* Elaine N. Aron, Ph.D., 1999-06-08 Are you a Highly Sensitive Person If so this workbook is for you Do noise and confusion quickly overwhelm you Do you have a rich inner life and intense dreams Did parents or teachers call you too shy or too sensitive If you answered yes to any of these questions you may be a Highly Sensitive Person HSP High sensitivity is a trait shared by 20 percent of the population according to Dr Elaine Aron a clinical psychologist and workshop leader and the bestselling author of *The Highly Sensitive Person* The enormous response to her book led Dr Aron to create *The Highly Sensitive Person's Workbook* designed to honor that long ignored trampled on part of yourself your sensitivity A collection of exercises and activities for both individuals and groups this workbook will help you identify the HSP trait in yourself nurture the new positive self image you deserve and create a fuller richer life You will be able to Identify your specific sensitivities with self assessment tests Reframe past experiences in a more positive light Interpret dreams and relate them to your sensitivity Cope with overarousal through relaxation breathing and visualization techniques Describe your trait in a work interview or to an unsympathetic family member new friend doctor or therapist *The Highly Sensitive Person* Elaine N. Aron, Ph.D., 2026-01-27 NATIONAL BESTSELLER WITH NEARLY A MILLION COPIES SOLD Are you a highly sensitive person Discover how to better understand yourself and create a fuller richer life with this groundbreaking classic and internationally bestselling life changing guide by Dr Elaine Aron the research and clinical psychologist who first identified the Highly Sensitive trait as well as an HSP herself Revised and Updated with New Research and a New Author's Note Do you have a keen imagination and vivid dreams Is time alone each day as essential to you as food and water Are you noted for your empathy Your conscientiousness Do noise and confusion quickly overwhelm you If your answers are yes you

may be a highly sensitive person HSP Twenty to thirty percent of people have this amazing innate trait Maybe you are one of them A similar percentage is found in over 100 species because high sensitivity is a survival strategy always used by a minority involving observing carefully before acting It is also a way of life for HSPs In this groundbreaking classic Dr Elaine Aron a research and clinical psychologist as well as an HSP herself helps you grasp the reality of your wonderful trait understand your past in the light of it and make the most of it in your future Drawing on her many years of study and face to face time spent with thousands of HSPs she explains the changes you will need to make in order to lead a fuller richer life Along with a new Author s Note the latest scientific research and a fresh discussion of anti depressants this edition of The Highly Sensitive Person is more essential than ever for creating the sense of self worth and empowerment every HSP deserves and our planet needs Elaine Aron has not only validated and scientifically corroborated high sensitivity as a trait she has given a level of empowerment and understanding to a large group of the planet s population Alanis Morissette artist activist teacher

### **Summary of the Highly Sensitive Person by Elaine N. Aron PhD: Conversation Starters**

Bookhabits,2018-07-25 The Highly Sensitive Person by Elaine N Aron Phd Conversation Starters Since its original publication in 1996 Dr Elaine Aron s book The Highly Sensitive Person How to Thrive When the World Overwhelms You has been translated into 18 languages and has helped millions of people around the world Author Elaine Aron introduced the world to a very distinct personality trait She claimed that it affects one out of five people in the world She called this HSP or the Highly Sensitive Person She described this person as highly sensitive because of his sensitive nervous system This person is aware of his surroundings and these affect the person in an intensified level This person s key quality is his ability to ponder explore and associate everything that surrounds him According to Aron this sensitivity is anything but a flaw In The Highly Sensitive Person she shifts the perspective on the stereotypes placed on HSPs and helps HSPs themselves to view their personality as an asset not a A Brief Look Inside EVERY GOOD BOOK CONTAINS A WORLD FAR DEEPER than the surface of its pages The characters and their world come alive and the characters and its world still live on Conversation Starters is peppered with questions designed to bring us beneath the surface of the page and invite us into the world that lives on These questions can be used to Create Hours of Conversation Promote an atmosphere of discussion for groups Foster a deeper understanding of the book Assist in the study of the book either individually or corporately Explore unseen realms of the book as never seen before Disclaimer This book you are about to enjoy is an independent resource meant to supplement the original book If you have not yet read the original book we encourage you to before purchasing this unofficial Conversation Starters

### **Highly Sensitive People**

Vayana Ariz,2020-09-01 This is a 3 book bundle which addresses various subtopics including but not limited to these Book 1 The contents of this book will guide you along to a variety of topics related to high sensitivity They range from the simple basics of what makes someone a highly sensitive person to the connection between high sensitivity and autism the attraction of narcissists tips to stop worrying and how to face rejection without getting hurt

And the last chapter talks about how hypersensitivity can be a hereditary factor people are born with Each of these issues is laid out well and explained in detail You will find that your understanding of highly sensitive people whether that pertains to yourself or someone you know will deepen There is no question about it Getting this book will help you comprehend high sensitivity better

Book 2 Are highly sensitive people all introverts When can you classify someone as being highly sensitive Are empaths the same as highly sensitive people If you're a highly sensitive person what can you do to be happy These and other questions will be answered in this clear and concise guide Aside from such topics about happiness traits secret talents and life vision relationship tips are given and common concerns will be addressed And the last chapter will specifically focus on being highly sensitive as a man

Book 3 Are you or is anyone you know a highly sensitive person In order to answer that question we have to study the subject and what distinguishes such a person from others who have regular levels of sensitivity The journey begins in a person's childhood Highly sensitive children react differently to the heightened impulses that enter their brains These stimuli shape their character their behavior and their talents Being in love with or related to someone with high sensitivity has its benefits and challenges as well They typically don't like being rushed They don't like too much drama or too much stimulation of the senses It's good to know what to say to them and what not to say to people with sensitive personalities Last but not least being highly sensitive can have a lot of benefits ranging from creativity to emotional connection If you want to understand all these things then start reading the E Book or listen to the audiobook today

*The Highly Sensitive Child* Elaine N. Aron, Ph.D., 2002-10-08 A groundbreaking parenting guidebook addressing the trait of high sensitivity in children from the psychologist and bestselling author of *The Highly Sensitive Person* whose books have sold more than 1 million copies With the publication of *The Highly Sensitive Person* pioneering psychotherapist Dr Elaine Aron became the first person to identify the inborn trait of high sensitivity and to show how it affects the lives of those who possess it In *The Highly Sensitive Child* Dr Aron shifts her focus to the 15 to 20 percent of children who are born highly sensitive deeply reflective sensitive to the subtle and easily overwhelmed These qualities can make for smart conscientious creative children but also may result in shyness fussiness or acting out As Dr Aron shows in *The Highly Sensitive Child* if your child seems overly inhibited particular or you worry that they may have a neurodevelopmental disorder such as ADHD or autism they may simply be highly sensitive And raised with proper understanding and care highly sensitive children can grow up to be happy healthy well adjusted adults Rooted in Dr Aron's years of experience working with highly sensitive children and their families as well as in her original research on child temperament *The Highly Sensitive Child* explores the challenges of raising an HSC the four keys to successfully parenting an HSC how to help HSCs thrive in a not so sensitive world and how to make school and friendships enjoyable With chapters addressing the needs of specific age groups from newborns to teens *The Highly Sensitive Child* is the ultimate resource for parents teachers and the sensitive children in their lives

*The Highly Sensitive Person in Love* Elaine N. Aron, Ph.D., 2009-11-04 Do you fall in love hard but fear intimacy Are

you sick of being told that you are too sensitive Do you struggle to respect a less sensitive partner Or have you given up on love afraid of being too sensitive or shy to endure its wounds Statistics show that 50 percent of what determines divorce is genetic temperament And if you are one of the 20 percent of people who are born highly sensitive the risk of an unhappy relationship is especially high Your finely tuned nervous system which picks up on subtleties and reflects deeply would be a romantic asset if both you and your partner understood you better But without that understanding your sensitivity is likely to be making your close relationships painful and complicated Based on Elaine N Aron s groundbreaking research on temperament and intimacy The Highly Sensitive Person in Love offers practical help for highly sensitive people seeking happier healthier romantic relationships From low stress fighting to sensitive sexuality the book offers a wealth of practical advice on making the most of all personality combinations Complete with illuminating self tests and the results of the first survey ever done on sex and temperament The Highly Sensitive Person in Love will help you discover a better way of living and loving

**Making Work Work for the Highly Sensitive Person** Barrie Jaeger,2005-05-05 This book gives highly sensitive persons HSPs strategies to build confidence combat stress and find work that is emotionally financially and creatively rewarding Based on cutting edge medical and scientific research this fresh perspective on how readers can secure satisfying careers

WEBSITE Summary and Analysis Of: the Highly Sensitive Person Book Tigers,2020-12-08 Are you an empath or a highly sensitive person Does the world and its problems often overwhelm you and leave you drained Are you looking for ways in which you can thrive and find love and happiness For people who are highly sensitive it can often seem to be a curse rather than a gift especially if you find it hard to control The ability to soak up the emotions of those around you combined with a keen imagination or vivid dreams can often overwhelm those who have this innate ability But there are ways in which it can be faced and controlled This e book The Highly Sensitive Person How To Thrive When the World Overwhelms You by Elaine N Aron Ph D is an unofficial summary and analysis of the original which includes Book Summary Overview Chapter by Chapter Analysis Background Information about the book Background information about the author Trivia questions Discussion questions And much more Inside you will find out more about HSP s that you ever thought there was in a workbook that the highly sensitive person can really relate to learn from and thrive with its knowledge And with knowledge comes the ability to control you emotions and relieve the pressure that has often threatened to engulf you Scroll up and click Add to Cart for your copy now Disclaimer This is an UNOFFICIAL summary and analysis not the original book It designed to record all the key points of the original and will provide you with an overview before or after reading the original

**The Highly Sensitive Parent** Elaine N. Aron, Ph.D.,2020-03-31 First she taught you the value of your highly sensitive nature in her bestselling classic The Highly Sensitive Person Now Dr Elaine Aron is back to teach you how to utilize your sensitivity to tackle a new challenge Parenthood Parenting is the most valuable and rewarding job in the world and also one of the most challenging This is especially true for highly sensitive people Highly sensitive parents are unusually attuned to their children

They think deeply about every issue affecting their kids and have strong emotions both positive and negative in response For highly sensitive people parenting offers unique stresses but the good news is that sensitivity can also be a parent s most valuable asset leading to increased personal joy and a closer happier relationship with their child Dr Elaine Aron world renowned author of the classic *The Highly Sensitive Person* and other bestselling books on the trait of high sensitivity has written an indispensable guide for these parents Drawing on extensive research and her own experience she helps highly sensitive parents identify and address the implications of their heightened sensitivity offering A self examination test to help parents identify their level of sensitivity Tools to cope with overstimulation Advice on dealing with the negative feelings that can surround parenting Ways to manage the increased social stimulation and interaction that comes with having a child Techniques to deal with shyness around other parents Insight into the five big problems that face highly sensitive parents in relationships and how to work through them Highly sensitive people have the potential to be not just good parents but great ones Practical yet warm and positive this groundbreaking guide will show parents how to build confidence awareness and essential coping skills so that they and their child can thrive on every stage of the parenting journey This book is filled with validating healing and empowering information about how to navigate one of the most important roles of our lives while being highly sensitive It changed my life in the most healing and empowering ways Alanis Morissette artist activist teacher

**The Highly Sensitive Person's Toolkit** Allison Lefkowitz,2025-06-17 Use your high sensitivity to your advantage with these practical strategies As a highly sensitive person HSP getting to know yourself can help you feel and function your best in a world that isn t often responsive to your needs You ll find practical methods for approaching everyday life social situations relationships and the workplace with confidence and calm Constructive strategies and up to date information will help you identify your strengths work through your challenges and help your positive side shine Understanding HSPs Learn more about what it means to have a highly sensitive personality the differences between HSP traits and trauma symptoms and more Core skills competencies Explore core skills tools and practices for all areas of life like learning self advocacy setting boundaries and reframing difficult situations The happy healthy HSP Discover methods for maintaining balance and practicing self care including how to break the habit of perfectionism and connect with your intuition Learn how to harness your HSP traits and begin to thrive with this practical toolkit

**Highly Sensitive People** Vayana Ariz,2020-09-01 Are you or is anyone you know a highly sensitive person In order to answer that question we have to study the subject and what distinguishes such a person from others who have regular levels of sensitivity The journey begins in a person s childhood Highly sensitive children react differently to the heightened impulses that enter their brains These stimuli shape their character their behavior and their talents Being in love with or related to someone with high sensitivity has its benefits and challenges as well They typically don t like being rushed They don t like too much drama or too much stimulation of the senses It s good to know what to say to them and what not to say to people with sensitive personalities Last but not least

being highly sensitive can have a lot of benefits ranging from creativity to emotional connection If you want to understand all these things then start reading the E Book or listen to the audiobook today *Sensitive* Jenn Granneman,Andre Sóló,2023-02-28 This important book reframes the way we think about sensitivity our own or someone else s and shines a light on the great power in being highly attuned to the world Susan Cain 1 New York Times bestselling author of Bittersweet and Quiet A paradigm shifting look at a long undervalued yet hugely beneficial personality trait from the creators of the world s largest community for highly sensitive people Don t be so sensitive Everyone has a sensitive side but nearly one in three people have the genes to be more sensitive than others both physically and emotionally These are the people who pause before speaking and think before acting they tune in to subtle details and make connections that others miss Whether introverted or extroverted they tend to be bighearted creative and wired to go deep yet society tells them to hide the very sensitivity that makes them this way These are the world s highly sensitive people and Sensitive is the book that champions them From the creators of the world s largest community for sensitive people Sensitive teaches us how to unlock the potential in this undervalued strength and leverage it across the most important areas of our lives friendships and intimate relationships the workplace leadership and parenting Through fascinating research and expert storytelling Jenn Granneman and Andre S lo sensitive people themselves show us that the way to thrive as a sensitive person is not to hide our sensitivity but to embrace it and how to do that in every area of life Weaving together actionable advice relatable anecdotes and the latest scientific research Granneman and S lo demonstrate how leaning into sensitivity unlocks a powerful boost effect to propel us ahead in life They hand us the tools and insights we need to thrive as sensitive people in a loud fast too much world A powerfully validating destigmatizing and practical book Sensitive plants a gently fluttering flag in the ground for sensitive people everywhere This inspiring book has the power to change once and for all how we see sensitive people and how they see themselves [The Highly Sensitive Person's Survival Guide](#) Ted Zeff,2004-10-01 Ted Zeff a psychologist who specializes in treating highly sensitive people provides the first easy to use survival guide offering immediate practical day to day coping skills for highly sensitive people The book offers strategies for dealing with sensory and emotional overload communicating effectively with nonHSP partners developing ways to block stress triggers at work and much more [Sense and Sensitivity](#) Deborah Ward,2020-02-13 If you re an HSP Deborah Ward is the friend who finally gets it Jenn Granneman co founder of HighlySensitiveRefuge.com author of The Secret Lives of Introverts Are you a Highly Sensitive Person If so you probably find the world to be an overwhelming place You may struggle with loud bright or busy situations your senses are frequently over stimulated and you may be a true empath feeling the pain of others deeply putting the needs of those around you above your own In this blend of memoir scientific research and practical guide Deborah Ward author of the popular blog Sense and Sensitivity Psychology Today shares her journey as an HSP from childhood to adulthood Through her experiences with over stimulation work socializing relationships and self discovery she uncovers the joys of sensitivity including intellectual

curiosity empathy compassion and creativity Each chapter includes a list of practical suggestions that will inform console reassure and inspire you helping you to better understand who you are and what you need to thrive as an HSP It is not your destiny to live quietly hiding in fear nor is it your duty to try to act like everyone else Being highly sensitive can be challenging but it is also a gift it is your gift

Highly Sensitive Person's Companion Ted Zeff, Ph.D.,2007-03 Day to Day Help for Highly Sensitive People About one in every five of us has a nervous system that is especially acute and finely tuned If you re in this group on one hand it s a great gift You re creative compassionate and you deeply appreciate subtlety and beauty in the world On the other hand you may be more easily disturbed by noise bright lights strong scents crowds and time pressure than the less sensitive among us In his first book The Highly Sensitive Person s Survival Guide author Ted Zeff presented ways to manage your heightened sensitivity Now in this take along daily companion he offers practical tips and exercises you can use to find inner peace in any environment Each chapter of The Highly Sensitive Person s Companion addresses overstimulation as it occurs in a specific aspect of life relationships work daily pressures exercise and more Let this book be your pocket sized guide to finding the calm you need to enjoy and thrive with your heightened sensitivity without feeling overwhelmed Many new ideas to help highly sensitive people thrive Elaine Aron Ph D author of The Highly Sensitive Person The Highly Sensitive Person s Daily Companion is a wellspring of practice advice for people who feel chronically overwhelmed This proactive guide will help you take control of your environment your relationships and your emotions Linda Johnsen author of Lost Masters and A Thousand Suns

The Highly Sensitive Man Tom Falkenstein,2020-04-28 Although high sensitivity affects both men and women equally being a highly sensitive man comes with unique challenges Working closely with Dr Elaine Aron the originator of The Highly Sensitive Person cognitive behavioral psychotherapist Tom Falkenstein offers the only book written specifically for highly sensitive men and those who love them Bestselling classic and global phenomenon The Highly Sensitive Person has helped millions of people around the world Now Elaine Aron s colleague offers help and hope for men with high sensitivity and the unique problems they face Highly sensitive people think deeply empathize instinctively and tend to behave in an ethical way that benefits everyone Today with the negative effects of toxic masculinity and aggressive behavior in evidence all around us we need highly sensitive people especially men more than ever Yet for men in particular being highly sensitive brings distinct challenges such as gender stereotypes that portray them as too emotional or not manly enough Cognitive behavioral psychotherapist Tom Falkenstein offers the first psychological guide that specifically addresses highly sensitive men and those who care about them and explores the unique advantages and obstacles they face Drawing from his training with pioneer in the field Dr Elaine Aron and his own groundbreaking work Falkenstein incorporates the most up to date research on high sensitivity what it is and isn t how it relates to male identity and provides one of a kind advice and practical tools Including an illuminating conversation with Dr Aron The Highly Sensitive Man is an invaluable book that will help redefine masculinity and reveal how high sensitivity can enrich men s lives

their communities and the lives of those who love them A book that cracks open the conversation about how men can blend their strength sensitivity and unique gifts into a more modern and whole definition of what it is to be a man Alanis Morissette singer songwriter activist Rooted in the rigorous science of sensory processing sensitivity provides numerous ways we can grow into our own skins Tracy Cooper PhD author of Thrill The High Sensation Seeking Highly Sensitive Person **Thrive** Tracy Cooper,2015-08-05 Are you a highly sensitive person who has always felt frustrated in finding a career that works for you In this groundbreaking book researcher and fellow HSP Dr Tracy Cooper presents important new research findings that can empower you to better understand how HSPs experience the modern workplace discover emerging new opportunities and connect with narratives from HSPs from a wide variety of real world viewpoints This book is for the highly sensitive person who wishes to move beyond survival to thriving Based on and extending the research of Dr Elaine Aron this is a must read for all HSPs

Fuel your quest for knowledge with Authored by is thought-provoking masterpiece, Explore **The Highly Sensitive Person** . This educational ebook, conveniently sized in PDF ( Download in PDF: \*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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## **The Highly Sensitive Person Introduction**

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