findyourneurotype

SAMPLE · fictional data

Sample report

Highly Sensitive Person (HSP) Scale

Self-assessment questionnaire

Prepared for	Date	Questions	Reference
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This report is a self-assessment tool. It is not a medical or psychological diagnosis.

Your result

138 / 162

High Sensory Processing Sensitivity (HSP)

85 % of the maximum score



Your responses suggest you are a Highly Sensitive Person (HSP) - a normal neurological trait shared by ~20% of the population. HSPs process information deeply and are sensitive to subtleties.

By dimension

As a percentage of each dimension's maximum, so they can be compared.

Social	**75 %**	18 / 24
Emotional	**70 %**	38 / 54
Cognitive	**69 %**	33 / 48
Sensory	**67 %**	24 / 36

Least marked Most marked

What your answers say

Written by Claude (Anthropic) from your answers.

Least marked

Sensory · 67 %

Cognitive · 69 %

Most marked

Social · 75 %

Emotional · 70 %

Thank you for taking the time to complete this screening and for your willingness to explore your inner world with such openness. Scoring 138 out of 162 places you in the High Sensory Processing Sensitivity range, which simply means your nervous system tends to notice, absorb, and process the world around you more deeply than many others do. If you have spent your life feeling like you experience things "more" than those around you, or that you needed extra time to recharge after busy days, please know this is a real and recognized trait, not a flaw. Many people who share this pattern describe a quiet sense of relief when they finally have language for what they have always felt.

Looking at your category breakdown offers a helpful window into how this sensitivity shows up for you personally. Your strongest area, Depth of Processing at 42, suggests you tend to think deeply, reflect thoroughly, and consider nuance before acting or responding, a real gift in creative and thoughtful work. Overstimulation at 38 and Emotional Responsivity at 35 indicate that busy environments, conflict, or emotionally charged situations may drain your energy faster than they do for others, and that you likely feel emotions, both your own and other people's, with notable intensity. Your Sensitivity to Subtleties score of 23, while lower relative to the other categories, still reflects a meaningful awareness of small details in your environment.

Given this pattern, it may help to build intentional downtime into your daily rhythm, treating quiet, low-stimulation periods as necessary maintenance rather than indulgence. Creating calmer transitions between demanding activities, and giving yourself permission to leave overwhelming situations without guilt, can also protect your energy. Because deep emotional processing is part of your makeup, journaling or creative expression may offer a valuable outlet for the richness you experience internally.

Please remember that this screening is not a clinical diagnosis, but rather a starting point for self-understanding. Consider sharing these results with a licensed therapist, counselor, or psychologist who can help you explore what heightened sensitivity means in the context of your unique life. With the right support and self-compassion, this trait can become a genuine source of strength, insight, and connection.

Next steps

Pick one or two. Regularity matters more than duration.

Recommendation

High Sensory Processing Sensitivity (HSP)

Embrace your sensitivity as a strength. Create environments that respect your needs, practice regular downtime, and consider working with a therapist familiar with HSP to maximize your wellbeing.

To talk about it with a professional

Psychologist, therapist, doctor: this report can start the conversation.

- Bring page 2 (result by dimension).
- Note one or two situations that were hard for you lately.
- Say what you would like to change, even vaguely.

This report is a self-assessment tool. It does not replace an assessment by a professional. For a reliable diagnosis, see a neuropsychologist, a psychiatrist or another qualified healthcare professional.

Your answers

Scale from “Not at all like me” to “6 - Very much like me”.

#	Question	Your answer	Pts
Sensory · 24 / 36			
1	I am easily overwhelmed by strong sensory input (bright lights, loud noises, strong smells).	4	**4**
2	I notice and enjoy delicate or fine scents, tastes, sounds, and works of art.	4	**4**
3	I am bothered by intense stimuli such as loud noises or chaotic scenes.	4	**4**
4	When I must compete or be observed performing a task, I become so nervous or shaky that I do much worse.	4	**4**
13	Unpleasant smells or textures are very difficult for me to tolerate.	4	**4**
20	I find loud sounds physically painful.	4	**4**
Emotional · 38 / 54			
5	Other people's moods affect me deeply.	4	**4**
6	I am deeply moved by the arts or music.	4	**4**
7	I am conscientious and don't like making mistakes.	5	**5**
12	I am made uncomfortable by violent movies or TV shows.	4	**4**
15	I make it a point to avoid violent or disturbing news.	4	**4**
17	I take time to process my feelings before acting on them.	4	**4**
23	I have strong reactions to pain.	4	**4**
25	Being overwhelmed by sensation makes me want to escape.	5	**5**
27	I deeply feel the emotions of others around me.	4	**4**
Cognitive · 33 / 48			
8	I find myself needing to withdraw during busy days into bed or a darkened room.	4	**4**
9	Being very hungry creates a strong reaction in me, disrupting concentration or mood.	4	**4**
10	Changes in my life shake me up.	5	**5**
11	I notice and enjoy fine details that others miss.	4	**4**

#	Question	Your answer	Pts
14	When I have a lot to do in a short time, I become overwhelmed.	4	**4**
16	I process information deeply and notice subtleties in my environment.	4	**4**
21	When someone tries to get me to do too much at once, I shut down.	4	**4**
26	I need more recovery time after demanding situations.	4	**4**

Social · 18 / 24

#	Question	Your answer	Pts
18	As a child, parents and teachers saw me as sensitive or shy.	4	**4**
19	I have a rich and complex inner life.	5	**5**
22	I get rattled when I have a lot to do in a short time.	4	**4**
24	I pick up on subtle social cues that others miss.	5	**5**