

The eight-level Perseus HSP questionnaire

How do you experience your high sensitivity between problem and fulfillment based on your daily experiences?

1. How do you react to small external stimuli when they occur without being asked?				
I often react extremely to small things and am far too sensitive.		ï ð	Mindfulness for small things is natural and beneficial to me.	
1	2	3	4	5
2. How do you deal with it when you feel how something should or could be better?				
I become a perfectionist and try to achieve as much of it as possible.		ï ð	It is easy for me to implement what I feel and to bring it to others.	
1	2	3	4	5
3. How do you deal with the tensions and contradictions of life?				
I get bogged down in the many possibilities and in my desires.		ï ð	I can center myself and find my center within myself.	
1	2	3	4	5
4. How does your openness and interest in other people affect you?				
I have demarcation problems. It hurts when others are not as open as I am.		ï ð	I shape relationships consciously and independently of how others react.	
1	2	3	4	5
5. How do you deal with injuries? Can you still open up then?				
I can't control my emotions. I hurt others and myself.		ï ð	Even in difficult situations, I can keep depth of feeling and calm.	
1	2	3	4	5
6. How do you deal with it if you are not understood and rejected?				
I am insecure, ponder problems and have decision-making difficulties.		ï ð	I question myself constructively and can communicate this in a good way.	
1	2	3	4	5
7. How do you manage to deal with your great talent for perception?				
The many sensory stimuli of my surroundings oppress me so much that I can hardly stand it.		ï ð	I can consciously control my ability to perceive the external impressions.	
1	2	3	4	5
8. How well do you manage to act in harmony with your heart?				
I often have painful experiences and easily fall into a victim role.		ï ð	I feel inwardly free, valued and can act self-determined.	
1	2	3	4	5