

HSP Habits That Non-HSP May Not Understand

Leading researcher Dr. Elaine Aron's research shows that a Highly Sensitive Person (HSP) often has different needs, preferences, and habits in order to function at their best. A HSP processes the information they take in from their environment much deeper than most of the population, which takes a large amount of mental energy and can lead to overstimulation quicker than most. For others without these sensitivities, it may be easy to misunderstand the motivation behind these habits. It may be seen as being angry, anxious, difficult, or overly dramatic. However, with a bit of open communication and education, everyone can learn to see these habits in a new light.

Below are a few examples of habits that are normal for a HSP but can often be misunderstood by others. You can use this as a starting point for an enlightening conversation or just to help remind yourself that these habits are valid.

- ◆ Needing to talk through and process pretty much everything in great detail
- ◆ Taking time out to do nothing but think even if nothing is wrong
- ◆ Feeling strong emotions over small events
- ◆ Being aware of all your emotions, not just big ones
- ◆ Talking a large amount of time to make a small decision
- ◆ Feeling drained by a common task
- ◆ Needing random naps or moments of seclusion
- ◆ Wanting to leave enjoyable social events early
- ◆ Needing time to observe before feeling comfortable jumping into a new situation or opening up to someone new
- ◆ Being so absorbed into your own interworld or other subtle details that you miss what may be obvious to others
- ◆ Feeling uncomfortable with social etiquettes that do not feel authentic
- ◆ Enjoying deep conversation but hating small talk
- ◆ Being highly concerned about how your subtle interactions affect others

- ◆ Having empathy for the person who is in the wrong in the situation
- ◆ Being strongly annoyed or drained by a bright light, strong smell, or constant noise
- ◆ Shutting down without being depressed or angry