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Understanding

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## **The Highly Sensitive Person In**

Sensory Processing  
Sensitivity Highly  
Sensitive Person, or  
HSP, is a term coined  
by psychologist Elaine

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Aron. According to Aron's theory, HSPs are a subset of the population who are high in a...

## Relationships When The World Overwhelms You **Highly Sensitive Person | Psychology Today**

In fact, biologists have found it in over 100 species (and probably there are many more) from fruit flies, birds, and fish to dogs, cats, horses, and primates. This trait reflects a

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certain type of survival strategy, being observant before acting. The brains of highly sensitive persons (HSPs) actually work a little differently than others'.

## **The Highly Sensitive Person**

The Highly Sensitive Person in Love gives relationships their proper basis in the inner life, and honors those who are by

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nature drawn to that  
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help the highly  
sensitive find peace  
and fulfillment in their  
relationships. ?--Robert  
Johnson, Doc.Hum.,  
author of Inner Work  
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**The Highly Sensitive  
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...

High sensitivity can be

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defined as acute  
physical, mental, and  
emotional responses to  
external (social,  
environmental) or  
internal (intra-  
personal) stimuli. A  
highly sensitive person  
may be an...

## **24 Signs of a Highly Sensitive Person | Psychology Today**

Highly sensitive people  
tend to be bothered  
more by bright lights.

Spending time in



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natural lighting or in dimmer lighting helps. In places where harsh fluorescent lights are the norm (such as big box stores), you may be a little more sensitive. At home, try using LED lights rather than CFLs.

## **15 Life-Saving Survival Tips For The Highly Sensitive Person**

“Highly sensitive people are often

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**Being a Highly  
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books. All we ask is you  
pay shipping. Learn  
more here. Announcing  
the release of our  
documentary Sensitive  
Lovers: A Deeper Look  
into their Relationships

## **Self-Tests - The Highly Sensitive Person**

HSP, shorthand for  
"highly sensitive  
person," describes 15  
to 20 percent of the

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population. Being sensitive is a normal trait--nothing defective about it. But you may not realize that, because society rewards the outgoing personality and treats shyness and sensitivity as something to be overcome.

**The Highly Sensitive Person: How to Thrive When the World ...**

High sensitivity is

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actually fairly common, found in 15 to 20 percent of the population, according to Dr. Elaine N. Aron, author of the book, The Highly Sensitive Person. Both introverts and extroverts can be sensitive.

## **12 Things a Highly Sensitive Person Needs -**

**IntrovertDear.com**

Keep in mind that every highly sensitive

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person is an individual, so these points may not full apply to each HSP. What Highly Sensitive People Need to Be Happy 1. A slower, simpler pace of life. Because they process information deeply, HSPs may move a little slower than non-HSPs.

## **14 Things Highly Sensitive People Absolutely Need to Be Happy**

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relationships their  
proper basis in the  
inner life, and honors  
those who are by  
nature drawn to that  
life. This wonderful and  
important book will  
help the highly  
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**The Highly Sensitive  
Person in Love by  
Elaine N. Aron, Ph ...**

Origin and development of the terms. Elaine Aron's book *The Highly Sensitive Person* was published in 1996. In 1997 Elaine and Arthur Aron formally identified sensory processing sensitivity (SPS) as the defining trait of highly sensitive persons (HSPs). The popular



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Sensory processing  
sensitivity -  
Wikipedia

terms hypersensitivity (not to be confused with the medical term hypersensitivity) or highly sensitive are popular synonyms for the ...

Many new ideas to help highly sensitive people thrive. -Elaine Aron, Ph.D., author of The Highly Sensitive Person  
The Highly Sensitive

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Companion is a  
wellspring of practice  
advice for people who  
feel chronically  
overwhelmed. This  
proactive guide will  
help you take control  
of your environment,  
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The author started

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studying what she calls the Highly Sensitive Person (HSP) in 1992. She counts herself among HSPs and estimates it pertains to 15 to 20 percent of the population. Most people ignore sirens, glaring lights, strange odors, clutter and chaos.

**The Highly Sensitive Person: How to Thrive When the World ...**

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Are You a Highly  
Sensitive Person?

Welcome to Highly  
Sensitive Refuge.

We're on a mission to  
prove that high  
sensitivity can be  
strong. It's okay to be a  
highly sensitive person  
(HSP) — in fact, the  
world could use a lot  
more of what HSPs  
have to offer. Learn  
more about being a  
highly sensitive person.

**Highly Sensitive**

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**Refuge: A  
Community for  
Highly Sensitive ...**

Do you have a keen imagination, rich inner life, and vivid dreams? Is time alone each day as essential as air? Do others call you too shy or overly sensitive...

**Understanding The  
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Person (HSP) In  
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research that has gone on since the late 1990s, psychologists and neuroscientists have found that a fraction of the population is simply “wired ...

**The Highly Sensitive Person In An Emotionally Neglectful ...**

Being a highly sensitive person (HSP) in a close relationship such as marriage can

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lead to unique problems – whether there are two HSPs in one relationship or a HSP with a non-HSP – but understanding how this temperament affects you and your spouse can also lead to a rich, deeply fulfilling marriage.

**Highly sensitive spouses: What you need to know - Focus on ...**

Being highly sensitive

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doesn't make a person weak, but it does mean HSPs have to manage themselves and their relationships, work, and lives differently than most people in order to thrive.

**The Secret Life of a  
Highly Sensitive  
Person | by Melody**

...

Highly sensitive people have reactions to criticism that are more intense than less



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sensitive people. As a result, they may employ certain tactics to avoid said criticism, including people-pleasing (so that there is no longer anything to criticize), criticizing themselves first, and avoiding the source of the criticism altogether, according to Aron.

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