

Sensitivity Cheat Sheet

- **Sensitivity** means how deeply you perceive and respond to the world, both your physical and your emotional environments. The more deeply your brain processes information, the more sensitive you are. A more accurate word for *sensitive* might be *responsive*.
- **Sensitivity is a fundamental human trait.** Everyone is sensitive to some degree, and some people are more sensitive than others. Roughly 30 percent of people are *highly* sensitive.
- **Sensitivity is both genetic and shaped by your experiences.** If you are sensitive, you were probably born that way. Certain experiences in your early childhood—either lots of support or neglect—may have further increased your sensitivity.
- **If you're sensitive, it's part of who you are.** Sensitive people cannot stop being sensitive, nor should they. Instead, society should recognize that sensitivity comes with many gifts, such as creativity, deep thinking, empathy, and attention to detail. These traits are advantages in science, business, the arts, academia,

leadership, and any other area of life that rewards a keen, careful mind.

- **Sensitive people are attuned to both people and their environment.** They notice subtle sensations, minor details, and shifts or changes that others miss. Because they also pick up more social and emotional cues, they read others well and have a strong sense of empathy, even toward strangers.
- **Sensitivity has a cost: overstimulation.** Sensitive people tend to struggle in chaotic, loud, or busy environments, especially if there is pressure to go faster and accomplish more. Because the sensitive brain processes *all* information deeply, busy environments or schedules overload it.
- **Despite society's misconceptions about sensitivity, it's a healthy personality trait.** Sensitivity is not a disorder, does not require a diagnosis or treatment, and is unrelated to introversion, autism, sensory processing disorder, and trauma.
- **Sensitive people have an advantage—the *Sensitive Boost Effect*.** Because sensitive people are more affected by any kind of experience, they get far more out of support, training, and encouragement than less-sensitive people do. This unlocks a boost effect, which helps sensitive people rocket past others and achieve more, if given the right conditions.