

Sensitivity Reactivity Hardiness Questionnaire

Given that we are each unique, please help me recognize the following distinctions about you.

Use the numbers from **0** (to mean *never*) to **10** (to mean *all the time*), to describe how *frequently* you experience the following situations.

Frequency (0 – 10)

SENSITIVITY

1. I feel when the weather is about to change. _____
2. I can tell if a medication is going to work. _____
3. I can sense unhealthy environments and then take care of myself. _____
4. I can sense my need for food before I feel hunger. _____
5. I can sense smells and scents that others don't notice. _____
6. I can feel myself getting a cold or flu before having any symptoms. _____
7. I have a wide appreciation for the tastes of different foods. _____
8. I can feel the difference between quietness and stillness. _____
9. I can feel the difference between relaxation and comfort. _____
10. I select my friends by how I feel when I'm with them, not by appearances. _____
11. I sense mood and energy shifts in people around me. _____
12. I need to do things at my own pace. _____
13. I am very creative. _____
14. I know quickly when something is going to work out (ex: job, relationship) _____
15. I have some abilities that some people consider psychic. _____

REACTIVITY

1. I have unpleasant reactions to certain weather changes. _____
2. I have unpleasant reactions to certain foods. _____
3. I have unpleasant reactions to certain medications. _____
4. I have unpleasant reactions to certain smells. _____
5. I have unpleasant reactions to certain sounds and lights. _____
6. I have unpleasant reactions to skipping meals. _____
7. I can be shocked by my reactions. _____
8. My friends and family find me difficult to be around. _____

Sensitivity Reactivity Hardiness

Questionnaire (cont'd)

Frequency (0 – 10)

HARDINESS

1. I feel fine with weather changes. _____
2. I have physical energy and stamina. _____
3. Thinking and planning energizes me. _____
4. I can eat any food(s). _____
5. I can take any medication(s). _____
6. It takes a lot to upset me. _____
7. I can work in spite of pain. _____
8. When life hits me hard, I recover quickly. _____