

10 TRAITS COMMON TO SENSITIVITY



The following traits can derive from high sensitivity but none of them are exclusive to kids with high sensitivity.

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UNUSUAL ALERTNESS

Even as infants they may seem keenly alert to their environment, taking in information, and absorbed by their surroundings.



EXCEPTIONAL MEMORY

They can exhibit an exceptional memory for details and events, relaying stories that contain information others may have missed.



ENHANCED SENSORIUM

They may have an enhanced sensorium such as heightened tactile, auditory, visual, touch, taste, and kinesthetic proprioceptor signals.



SENSORY INTEGRATION

Due to intense signals, some kids may need more time and support to integrate sensory information, with play being one of the most natural places for this to occur.



INTENSE FEELINGS

They may display intense feelings and emotional reactions to things that frustrate, upset, excite them, or that they are attached to.



EXCEPTIONAL BRIGHTNESS

They can put ideas and concepts together in ways that are not typical, and may learn quickly when not emotionally distressed.



PREOCCUPATION WITH THOUGHTS

They can become intensively preoccupied with their thoughts, play, or any activity they engage in as they absorb sensory information.



LOW TOLERANCE FOR DISTRESS

They may be less able to function in distressing environments and can display spontaneous attempts to pattern and reduce sensory stimulation.



ASKS PROBING QUESTIONS

As they engage in play or learn different subjects they may explore it thoroughly and ask questions that seem novel and unique.



FOCUS IN OR OUT

They may have a narrow focus when it comes to their interests but display a depth of knowledge in them, or they can have a wide range of interests that they are passionate about.

