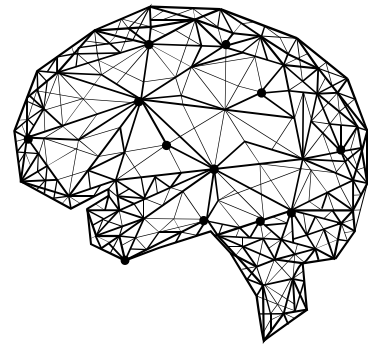


The Sensitive Kind

Should we seek partners who have a “sensitive side?”



By Brandi Van

Some seek a “sensitive side” in a potential mate. But in reality, this sensitive side doesn’t exist- sensitivity doesn’t turn off and on like a switch. Research shows that 30% of the population are known as highly sensitive people, or HSPs.

Someone who is labeled as HSP usually possesses the following traits:

- ✓ **Intensified, heightened inborn nervous system**
- ✓ **Deep thinking Intuitively detects subtleties**
- ✓ **Easily overstimulated, leading to anxiety and overwhelm**
- ✓ **Heightened sense of empathy** (feeling emotions very deeply)
- ✓ **Sensory-specific sensitivity** (easily affected by environmental stimuli like smells, lights, and sounds)

Like in any relationship, challenges can arise in HSP/non-HSP relationships. For example, certain stimulating activities and environments enjoyed by a non-HSP may be too overwhelming for an HSP, like loud music or violent movies. Non-HSPs might value spontaneity, which may prove challenging for HSPs who prefer a more structured routine.

HSPs’ have stronger emotional processing which can result in misunderstandings and disagreements with a non-HSP. HSPs’ preference for deep emotional connection can also cause friction with non-HSPs who may prefer lighter discussion points.

Despite these differences, opposites attract. Falling in love with a non-HSP can balance the complex and often anxious and introverted HSP nature, easing the HSP out of their comfort zone. Likewise, seeing the world through HSP eyes brings a new, deeper perspective to a non-HSP. In fact, research suggests that HSP/non-HSP couples are about as happy as HSP/HSP couples.

Regardless of personality types, even the healthiest relationships take work. Trying to understand and learn from each other with an open mind, and acknowledging demonstrated efforts to empathize, can go a long way.

Brandi Van, a Psychic Medium Mentor, encourages people to embrace their HSP gifts and offers the Jump Start Your Psychic Abilities mentorship program



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