

## Are You a Highly Sensitive Person (HSP)?

Watching the events over the last week, and learning so much about Michael Jackson's life has made me reflect a lot about myself and my own life, and I imagine the coverage may have had the same effect on you. I'm struck over and over by the primary message of self-actualization - the importance of living your God-given gifts to the fullest in your lifetime - and the impact that each of us might have on the world if we actually did that. That's fodder for another post, but at this moment I'd also like to reflect on the frequently discussed contrast between Jackson's shy, reclusive personality (documented since he was a young child), and his outrageously impressive and even flamboyant ability to perform on and dominate the world stage.

This reminded me that I discovered about a year ago that I fit the personality characteristics of what's officially called a "Highly Sensitive Person" - a person who is vulnerable to being overwhelmed by the chaos and overstimulation (noise, etc.) of normal life, and is frequently misunderstood or mislabeled as being shy or "weird". A whopping 15-20% of the population share the characteristics of an "HSP". To learn more about this common personality/physiologic phenomenon, read my latest blog for PsychologyToday.com [here](#).