



Livskilden®

Institute for Holism and research

Test your sensitivity and your ability to develop SIQ

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Print a copy and stick off your answers

Are you a sensitive person who finds it easy to develop and use your SIQ?

- I always or often feel influenced by the view of other persons
- I am sensitive to outbursts of anger
- I prefer to avoid quarrels
- I generally avoid conflicts
- I have a rich inward life
- I find it difficult not to help others, even if I do not have the reserves of energy to do so
- I do not like injustice and notice if it is present in my surroundings
- I do not like watching violent films
- I cry when I see sad films where persons or animals suffer
- I tend to be deeply touched by watching theatre, films and art
- I am shy and blush easily
- I am very sensitive to loud sounds
- I am very sensitive to strong odours
- I can sense when others feel uncomfortable and I know what it takes to make someone feel at ease
- I do not like routines
- I see myself as gifted and perform at least one creative talent
- I am apprehensive making speeches at large gatherings
- I feel insecure when someone looks at me intensely

- I never watch war films
- I am very sensitive to pain whether it being my own or the pain of others
- Changes in my life always leaves me feeling anxious
- I often need peace and quiet in order to find inward balance
- In gatherings with other people my attention often wanders
- I do not like disorder around me as it makes me feel unstable
- I do not like disorder around me as it makes me feel unstable
- I am a perfectionist
- I am hypersensitive to strong light

Score Test

If you have 15 points or more you are very sensitive and you can, if you want, easily work with your creative abilities and you can open up for your clairvoyance. You are able to receive fine visions from your spiritual director.

You should be aware of boosting your mental strength and not letting others attribute your opinion or allowing them to trespass your boundaries although you may well let that happen.

Be yourself and work on boosting your inward strength. That is your keyword for a richer and better life with harmony and love.