
SUPPORT AS WE TEND AND CONTEND WITH A NOT-SO-SENSITIVE WORLD

COMFORT ZONE

The HSP Newsletter
Sample Issue
based on Volume I, Issue I

Finally, Your Newsletter!

Welcome HSPs. Finally we are all linked up, communicating, part of a community. As the masthead proclaims, Comfort Zone: The HSP Newsletter is meant to support you out there in a not-so-sensitive world.

To help you while you tend the world as a “priestly advisor.”

To help you contend with a world in which you are in the minority, someone who notices what the majority misses and is bothered by what the majority doesn't mind or even enjoys.

About the symbolism—the figure inside the “O” of Comfort is curled up there, safely contained, maybe a bit tired or stressed too. It says Comfort Zone is your safe haven—to go out from, to return home to.

The Highly Sensitive Person: A Refresher Course

Whether or not you have already read The Highly Sensitive Person, you'll want to keep in mind some points as you read. About twenty percent of the population are born highly sensitive. Indeed, about that many of most higher animal species are born with the trait, which seems to involve a different, equally valid survival strategy (more about that next issue).

Highly Sensitive People process incoming information from their five senses differently, more carefully. And they like to reflect on things. These two differences tend to make them intuitive, creative, conscientious, and concerned about others. That's the good news.

About This Sample Issue: To save postage and printing, this sample contains HALF as many pages as the standard quarterly newsletter, and the print is smaller, too.

The not-so-good news is that inevitably we also are more easily overwhelmed. When the noise or stuff going on is about right or interesting for others, it's too much

for us. And keeping an optimal level of stimulation—not too much, not too little—is very, very important to every creature. The sensitive ones just need less to be comfy.

Being highly sensitive is not about being born neurotic, anxious, chronically shy, unhappy, lacking in confidence, or submissive. However, HSPs are a little more prone to these sorts of difficulties for two reasons.

First, in this culture the trait is not the ideal, especially for boys. (But in some cultures it is the ideal—wouldn't it be nice if it were the ideal here?) So even the most well-meaning parents and teachers were trying to help you by telling you “don't be so sensitive” and “don't be so shy.” That makes it hard to grow up feeling good about yourself.

Second, HSPs can be a little more prone than others to be anxious, depressed, or shy if they had a troubled childhood or their other life experiences have been not-so-hot. But you were not born with some flaw or problem. And this newsletter is intended to help you remember that, and to remember all the contributions you make to the world, just by being yourself, and all the benefits you yourself enjoy because you are highly sensitive.

Your suggestions are always welcome.
Elaine Aron, Editor and Publisher



Reassuring Research On How HSPs Learn More From Their Mistakes

C. Mark Patterson and Joseph Newman are two psychologists who have spent a decade studying what creates impulsive behavior, the extreme opposite of one aspect of being highly sensitive. Impulsive behavior concerns psychologists because it causes people to have poor judgment, which hurts them and others. Impulsivity is often the underlying problem of psychopaths, alcoholics who begin drinking young, hyperactive children, and people who in general seem unable to imagine the consequences of what they do.

In the process of studying impulsive behavior, Patterson and Newman make many positive, insightful points about people who are not impulsive, but reflective—those whom I call HSPs. Already you can see that the positive side of our difficulty making decisions is that at least we are not impulsive!

To study impulsivity and reflectivity, these psychologists set up little experiments. In these experiments people received rewards and punishments for acting or not acting. They also received feedback to help them learn how to be rewarded more and punished less. Life is full of such situations, from learning how to earn good grades, get along with others, and drive safely to figuring out how to earn a living, stay healthy, and maintain intimate relationships.

When impulsive people in these experiments were told they had made a mistake, they wanted to try again immediately. They might even get mad. You've seen that type—they fight with the guy giving them the ticket, the teacher giving them the bad grade, the supervisor criticizing them.

In contrast, when HSPs were told they had made a mistake, they preferred to wait and think before trying again. It's true, isn't it? If we aren't too aroused and upset by finding out we made a mistake, we start thinking about what happened. Ever been told "you dwell too long on your mistakes"? Now you can see it is all part of your trait, and not such a bad thing either.

I don't want to give bad press to the world's impulsive people. Sometimes a quick response is best. You may only have a few days or even minutes to decide, for example, whether to argue your worth to the company before you are laid off. In such moments, HSPs often pause too long. Further, in our culture making any decision immediately is probably more admired than being right after great thought. But in the long run HSPs have the advantage.

The advantage shows up, according to Patterson and Newman, in what happens between one learning opportunity and the next. After each, the learner revises a "mental map" of how to handle similar situations in the future. More than others, HSPs seem to constantly revise this map, quite spontaneously and perhaps even unconsciously, giving them a better sense of what will work.

In short, consider yourself wired to profit from adversity and rise to the top again like cream.

Based on C. Mark Patterson and Joseph P. Newman (1993). "Reflectivity and Learning From Aversive Events: Toward a Psychological Mechanism for the Syndromes of Disinhibition. Psychological Review, 100, 716-736.



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Heading into the Holidays

With A Special Note On (egads!) Shopping!

Sorry to remind you, but that season is coming. So here's an HSP's perspective on it. Like, "I'm barely managing now and here come the holidays and I want them to be nice but why don't they come on alternate years?"

At the time of year when the nights are longest, humans have always had celebrations involving light, hope, and rebirth. I might even guess that for the average person it provided much needed stimulation during that dreary period. For HSPs, however, the added stimulation can be way too much. Some ideas to help us not only get through but enjoy the holidays:

1. Most important: If you are already doing all you can manage, add nothing for the holidays without dropping its equivalent in required time and energy. If your work slows down or you can take time off, fine. Otherwise, keep holiday activities to a minimum and explain to others why. And what you do, you should enjoy. So reexamine your "shoulds" and "musts."
2. List what you would like to do at this season. Mine would include rest, deepen my spiritual life, enjoy cultural and recreational opportunities (concerts, new books, movies), spend intimate time with family and friends, give or make nice gifts to show people how much I care about them, entertain, meet new people at parties, express my artistic side (decorating, doing crafts, baking, etc.), be in touch with those far away through holiday cards and calls.
3. Now laugh at what a number you (and advertisers needing you to spend your money) would be pulling on yourself if you tried to do a tenth of this. So decide which one or two you can do, and grieve about how the rest just won't happen.
4. Prepare yourself psychologically for some disappointment. The holidays are idealized both by the media and by our own memories. It probably wasn't ever as nice as we remember, but with every year, whether it is from eight to nine or thirty-nine to forty, the holidays tend to become a little less innocently merry. HSPs always tend to have the past and future right at the edge of consciousness, but it can be more vibrant at this season. Attend to your dreams and to what you are subconsciously thinking and feeling. If depres-

sion, anxiety, or other negative emotions arise, use these to grow on—do some therapy on yourself, on your own or with someone with whom you can talk.

5. Prepare yourself psychologically for intensified family life. We tend to have more contact with our family at this time of year, and to expect more from that contact. Even if your family is unusually close and happy, it would be a rare one if at any point in time, holidays too, no one was sick, in pain, dying, depressed, irritable, ending a close relationship, or upset over a loss or failure. Welcome to reality. But as an HSP, you will feel all of this more. Be sure to allow time for processing feelings with others and alone.
6. In general, take lots of down time. The whole culture is in an overstimulated state during the holidays. Rest for yourself and for them too!
7. About parties and such, reread the chapters on shyness and social situations in my books. This is a good time to meet new people who could become close friends. But use all the hints I give in the book—for example, feeling okay about being introverted (being polite but quiet is fine), watch for other HSPs to hang out with, take plenty of breaks while socializing, plan some good conversation topics.

If you hate to shop

I hate to shop. Do you? I find that about half of HSPs do. (I suppose it all depends on what calms you, makes you happy, and that depends on your childhood shopping experiences.) For me, shopping by definition involves way too much stimulation. Then one has to make decisions when overaroused, and we don't make them easily anyway, thanks to our intuitive ability to imagine all the possibilities. Further, we don't like taking risks—spending money on purchases we may regret, picking gifts that won't be ideal. What a way to spoil the holidays.

Here are some ways I avoid the worst aspects of shopping:

- Shop by catalogue or online. Most let you call any time of the day or night. Some companies are much nicer than others—don't deal with the less-than-nice ones again.
- Frequent the same stores—the familiarity reduces unnecessary stimulation.
- Before you go out, make a list. If shopping for gifts, think a lot about gift ideas and how much





you want to spend for each person. Once you're in those stores and malls, thinking is harder for an HSP.

- Shop for one thing at a time, hardest first. Make note of any new ideas for other purchases.
- Be sure everything can be returned, including gifts.
- Go to bargain basements or thrift stores, where the prices are so low that little is lost if you end up never having the courage to wear that romantic red cape you bought, and you can feel great about your bargains. (While these places can be unusually overarousing, most of what's there you wouldn't dream of buying, so the choices are really fairly limited.)
- Do the opposite—pick a store with an unusually nice atmosphere (especially no fluorescent lights), even if prices are a little higher.
- Take along someone who can be really helpful, someone who calms you. Tell him or her ahead of time what you are looking for. That person should not impose his or her opinions, but get to know what you like and help you find that, then help you make a final decision that fits your original goal. Your co-shopper can shop for his or her own stuff at the same time if that takes the pressure off of you.
- Don't take along anyone with whom you will feel the need to converse about anything but shopping. Making decisions with a divided mind is very overstimulating. If friends or visitors want to go shopping with you, accompany them, but don't try to make purchases yourself.
- "Shop 'til you drop (if you have to), but buy when you're spry." Shop in stages: Look at everything so you feel responsible in having checked out your options, go out of the store for a break or just go home and reflect or sleep on it, then go back to make your purchase.
- Take plenty of breaks, or better, keep your shopping sprees short.
- Walk out on pushy sales people. But make use of the truly helpful, knowledgeable ones.

Remember, almost every day of your life something will go wrong or you will make a mistake, and on shopping days for sure. Avoiding mistakes makes life easier, but growing in your ability to tolerate them with grace makes life even easier still.



Especially For Sensitive Men

Sensitive Men— Their Special Task

by Spencer Koffman

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It is difficult to be an HSP (highly sensitive person) in this culture. It is even harder to be male and an HSP.

Cultures differ radically in what qualities they value. The ideal in Western cultures is the aggressive, insensitive Warrior/King. This is not the case in all cultures. In Elaine Aron's The Highly Sensitive Person, she cites a study of Canadian and Chinese school children. In Canada, highly sensitive kids are among the least liked and respected. In China, they are among the most liked and respected.



In our culture, every highly sensitive man and woman must deal with not being the aggressive Warrior ideal. What makes it so hard to be highly sensitive and male is that the masculine role is so confining. Many HSMs (highly sensitive men) deviate from the masculine role by not acting tough and macho. Being sensitive puts them at risk, because our culture equates sensitivity with weakness and femininity. If an HSM is not very careful to cover up his sensitivity, he may have to deal with other people's cruel reactions. This starts so early, the name calling: You are a sissy, a mama's boy.

Boys are enlisted into "gender bootcamp" at a very early age, where they are taught to be good Warrior/Kings. One of my earliest memories of this indoctrination comes from first grade. I fell off the jungle-gym. I wasn't seriously hurt, but the shock of the fall caused me to cry. The uniform reaction from every boy and teacher was, not to console me, but to point out that boys do not cry. That was the first and last time that I cried in school. I was in training to become "a little soldier".

Another example comes from a client of mine, whom I'll call "John". John was seven. It was a rainy Saturday and he was playing alone in his room with his GI Joe. His sister had a few friends over, and they



were in the next room playing Barbie. John heard their talking and laughing, so he peeked in on them. Soon he joined them, pretending he was Ken talking to Barbie.

Just then, his mother looked in and was shocked to see John playing dolls with the girls. She sarcastically remarked, “Well, I guess for Christmas we better get you a doll, so you can play dress-up with it.” With his head down, John returned to his room. He had learned his lesson: Boys play with GI Joe, an action figure who fights and kills; but not Barbie and Ken, dolls who talk to each other.

For the role society has planned for men, it is admittedly quite dangerous not to cultivate aggression, toughness, and insensitivity. In war and in business, a man cannot afford to let down his guard. To feel fear, compassion, or a lapse in confidence can result in death on the battlefield or failure at work. To feel like a man, he has to succeed; and success does not come through being in touch with feelings.

This kind of success, however, is a prescription for numbness and isolation. To be out of touch with feelings cuts one off from oneself and others. No wonder women are so often disappointed by men’s immaturity in forming close relationships.

The men’s movement (Robert Bly, et al) has come up with an antidote to this numbness by gathering men together and giving them a place to relate and have their feelings. That’s commendable, but as an HSM trying to help other HSMs, I have some serious reservations about the men’s movement.

My first criticism is that the men’s movement is geared too much towards extraversion. Seventy percent of HSPs are introverts, and I would guess that number is even higher for HSMs. Many of the techniques and expressions of the men’s movement are very extraverted. The most obvious example is workshops where men are encouraged to act out the wild man inside of them.

Another problem is the men’s movement’s claim that men have become passive (their term is “feminized men”). But what is “passive” and what is “active”? Our culture takes a masculine or yang perspective and defines “active” as action in the outer world — competition, self-serving behaviors, politicking, and fighting. What is valued is power, money, and winning. Reality itself is the outer, public world.


A yin perspective locates reality in the inner world, including the private home life. There is plenty of action in this realm — cooperating, empathizing, nurturing, creating beauty, feeling, meditating, and pursuing spiritual goals.

These inner activities are not valued by the masculine culture. In fact, they aren’t even considered activities. They are seen as being passive, and therefore, weak.

So, if what the men’s movement means by passive is that certain men are cut off from their life energy, have developed a false self, or are living their lives on automatic pilot, then I agree — that’s being passive. If they mean some men are too nurturing, empathic, or highly sensitive, then I have to conclude that the men’s movement has unwittingly slipped back into the gender stereotypes they set out to escape.

Sometimes the men’s movement does us HSMs more harm than good. Most of us HSMs are already in touch with our feelings. What we need is a greater appreciation that our sensitivity is a strength. The last thing we need is to have our sensitivity judged as a weakness. Talking about “feminized men” only perpetuates the equating of sensitivity with femininity and both of those with weakness.

What is the solution? A large part is consciousness raising. We HSMs need to shift our beliefs from feeling bad because we are not the culture’s Warrior ideal to realizing the value of being a sensitive soul. Another part of consciousness raising is educating the culture. The culture’s beliefs about men must change.

Otherwise, the Warrior’s spiraling aggression and greed will lead us all toward self-annihilation. HSMs embody an alternative to this Warrior ideal, thus broadening what it means to be a man. As we take these first steps toward changing the public’s attitude, let’s remember to appreciate our sensitivity and each other. 

The Official Highly Sensitive Person Website:

Please visit www.hsperson.com and tell your friends about it. They can try the self-test, read a synopsis of the books, and peruse a few articles from the archives of *The Comfort Zone*.

HSP Contact Center

This popular feature is published as space is available. In the case of services, these must be specifically for HSPs. A listing does not constitute an endorsement.

A free, independently-run email discussion list for HSPs can be found at ONELIST. The purpose of the email list is to explore who we are as HSPs and to support each other. To subscribe, go to <http://www.onelist.com/subscribe/hspbook>.



With Depth:

Holding Peace Talks Between Tough And Sensitive

“With Depth” will explore the inner life of the HSP, as experienced by a depth psychotherapist. That’s one of my many hats—my doctorate was in depth psychology, which I now practice—and in due course I will define depth psychology. But let’s begin with an inner dialogue between two parts of a sensitive person. A heated, probably familiar dialogue.

Tough: “Everyone’s going on the roller coaster.”

Sensitive: “Not me.”

“They love it.”

“Well, I won’t.”

“What a view it would be from up there.”

“I hate heights.”

“That must be so weird, hanging upside down.”

“That must be so horrible.”

“It’s completely safe. They inspect them all the time.”

“Nothing will convince me that I will not be about to die. I am terrified of that thing.”

“Well, I am sick of not being able to enjoy fun like ‘that thing.’ Why can’t I enjoy life?”

“I’m really, really scared.”

“That settles it. I’m going!”

“I’m getting dizzy. Nauseous. I can’t breathe...”



As I wrote in The Highly Sensitive Person, some neuropsychologists believe that what makes us sensitive is the relative balance between two parts of the brain. One they call the Behavioral Activation System, which causes us to go for good stuff, try for the prize, explore. Be Tough, Bold—and a bit clueless, blind to the situation.

The other system is what I call the Pause-to-Check System, which compares the present situation to any similar past experiences and decides whether it is safe to proceed. And since HSPs pick up on more subtleties, we have to spend more time pausing to check—we have noticed more in the present situation to check out and have a more elaborate set of memories to sort through. We are sensitive.

Nor do we always need much of a pause in order to check. The kind of bodily message Sensitive would get on a roller coaster could be experienced as

a serious danger, and no amount of reasoning will convince some sensitive bodies otherwise. Further, if we’ve been overwhelmed or frightened in other situations, that adds considerably to our caution.

A strong vein of caution can frustrate us a great deal, however, when we can’t enjoy things that are delightful for the other eighty percent, the non-HSPs. Then the Tough voice in us says we are a coward, a wimp. We feel terrible about that. We think the future has to be bleak for someone like us. We get deeply depressed. We may even wonder if a life like this is worth living.

The war between Tough and Sensitive has many victims. I am quite serious—I know it has led to suicides and chronic illnesses. The reason is that when Sensitive wins completely it can make us feel worthless and life seem hopeless. But when Tough wins completely, HSPs often live lives that their sensitive bodies cannot handle. Tough says, “Let’s take the job and go to the top.” Sensitive says, “I can’t.” Tough says, I will”. Sensitive, however, has a sensitive body that must be acknowledged, and along come the stress-related illnesses. Or the depleted serotonin, the cause of most depression.

Listening As a Depth Psychologist

If there are to be peace talks, we must listen respectfully to both parties in the conflict. Here’s where depth psychology comes in. It is the only field which fully acknowledges the power of the psyche or unconscious, and HSPs know that power. We pick up the subtle cues of its activities—in others through looks, tones, gestures, innuendos, and in ourselves through dreams, symptoms, moods, and intense inner conflicts like that between Tough and Sensitive.

Depth psychology treats the energies behind two voices like Tough and Sensitive as very real and sacred. Listening to them is not just some psychological exercise. Energies like these may have roots in neurons and brain parts, but the brain itself is sacred space, no matter how we scientize it. It is clear, whether or not we can explain it all yet scientifically, that the brain’s thoughts are fed by archetypes, those primordial instinctive and collective cultural energies that express themselves in art, ritual, myths, dreams. And daily life. These archetypes give the energy to our personal complexes or issues.

Tough/Sensitive is an example of a “complex.” The underlying archetypal energies feeding this complex depend on the roles that Tough and Sensitive play inside of you. At first they might be Master and Slave, or Abuser and Victim. With time they might

become Hero Knight and Helpless Princess, Warrior/King and Priestly Advisor, or just Friends.

Please understand that HSPs have no more complexes than others. Complexes are part of the human condition. What matters is how much our complexes control us so that we are unconscious of acting from their point of view, unaware we are in their grip. And HSPs can actually become unusually good at spotting their complexes.

All complexes have two poles. To have a Mother Complex, you have to have an inner mother and child. An inner child can have a needy side and a tough-orphan independent side. A mother can be the Good Mother and the Devouring Mother. Human complexes are countless and, well, complex.

Often one of the two sides of a complex is thoroughly running our life. We are it. "Tough, that's me. I can take anything. You'll never see me acting like a victim." The other side of the complex is in defeat, but planning revenge. Suddenly it takes over. Sensitive makes us sick with fear, or just sick.

Here's an example of Tough suddenly taking over, at Tough's best. I wrote a novel based on an Indian epic. Being a novelist is perfect for an HSP—you just sit at home and write. One day I was making the bed and thinking that I really ought to go to India, see the setting of my novel. Then I knew I was kind of afraid of going to India. And a voice in me said, "Then I guess you'd better go." Within a week I had the tickets—not part of a tour, not with proper planning. Fly into Delhi, walk out of the airport, and straight into HSP-hell. It was an interesting experience, all right. Sensitive found it horrible.

If I had been listening as a depth psychologist, I might have saved myself a lot of trouble. I might have heard an unusual energy in that command to go to India, and I might have sat down and heard out both sides and come up with a compromise. But alas, we aren't always so alert, so conscious. It's worth aiming for, however.

How To Win the Nobel Peace Prize

The first rule in mediation is to make both sides feel they will be heard. No matter how much you identify with one side of your complex, you must be objective and fair. It's the suppression of one side and the inflated arrogance of the other that makes their war break out. In this complex, usually Tough is privileged because our culture supports it more.

If only Tough and Sensitive could have some peace talks, with a calm inner self listening respectfull-

ly to both sides. Here's how they might end.

Tough: I'd like to take that new position at work. I'd like the responsibility. I know I'd make a real contribution, with your intuition and imagination.

Sensitive: *It will mean longer hours. Poor sleep. Fewer dreams. And less time to lie in bed thinking about them.*

Tough: Yes, and if I don't give you time for your dream life and inner work, the intuition and creativity will dry up.

Sensitive: *Still, I'm glad you are thinking about ways to help me be out in the world, give me new experiences, new wisdom. And to help me share what I see. I get so frustrated by not being able to create, teach, express myself.*

Tough: Well, I like to show you off. But I don't know. You need protection.

Sensitive: *Couldn't we take the job but do it differently? My way? Prove to people the value of going for quality—conscientiousness, creativity—rather than limitless quantities? The benefit to one's work of a sane balance between work and rest?*

Tough: I don't know. It's tempting. But you come first. You and my health are the basis of my success.

Sensitive: *But maybe you could run interference for me. Toughly state my limits. Plan new approaches. Help me be in the world. Part of it. Contributing. Shouldn't we give it a try?*

Tough: As you wish. You are my guide.

Sounds heavenly, doesn't it? But I would be misleading you if I told you it was just a matter of deciding to be different, or if I pretended I have this conflict in myself so nicely resolved—but the mediation is coming along, and I have learned a thing or two about the peace process.

Rather than lay it all out for you too neatly, however, I think it would be best if you first gave some thought to these two parts of yourself on your own. Give them names, or rather ask them what their names are. Have a talk with them, one at a time, then both together. And watch for them in your dreams. Tough might be an animal trainer, superhero, or strict teacher. Sensitive might be an abused animal, barefoot child walking on glass, or the princess sleeping on a pea. In later issues I will return to the topic of HSP's complexes and offer some additional ideas for gaining a tough yet sensitive peace.



Book Review:

Another Book About You (But As A Child)

The Sensitive Child, Janet Poland.
(Consulting editor, Judi Craig, Ph.D.).
St. Martin's Paperbacks. \$5.99

The Sensitive Child is a good book for all of us to read, not just parents. Reading another author on the subject will reassure you, as it did even me, that this concept is absolutely real. I think we can always use that reassurance, given the previous silence about this topic in psychology. Poland and I could have written each other's books, we are in such complete agreement, yet we were totally unaware of each other's work.

Also, you can use The Sensitive Child to reinforce what I have already told you about taking care of yourself—your infant/body sensitive self. After each chapter think about how your parents handled the same situations and how you yourself are doing as a parent to your sensitive self.

For example, Poland comes down firmly on the side of telling sensitive children about their trait, rather than protecting them from what they already sense, as if it were something terrible. This openness is good for all of us. At the same time, she wisely advises care in the words chosen when explaining the trait to the child's friends and teachers.

Poland makes a distinction among four kinds of sensitivity: low sensory threshold, social sensitivity, emotional sensitivity, and difficulty dealing with change. These are from the research of Thomas and Chess, the first to look at childhood temperament. They described nine traits that they could observe in young children, but they did not study very young infants or try to decide which of these were truly genetic and which the results of environment or environment interacting with genetics. So they did not know which were more basic and inherited.

From my research I would say that one basic trait is the cause of the others. HSPs are born with a tendency to process stimulation more finely. Our eyes or ears are not better (lots of us wear glasses). But we do pick up on the subtleties and reflect on everything longer. This causes us to have the other kinds of sensitivity: to have a harder time dealing with change and strangers (every change involves new stimulation, more to reflect on), and since the same situation creates a stronger reaction in us than others, we are labeled more emotionally intense.

Remember too that traits like emotional intensity may be accentuated if you had a troubled childhood. Besides the impact of these things in themselves, those


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of you with troubled childhoods were less likely to have been raised by people who understood your sensitivity, could make you feel secure in new situations, or had the time or interest to teach you how to handle change, strangers, and so forth.

In case you don't read The Sensitive Child, you should at least have the benefit of its last paragraphs:

Sensitivity is a gift—a gift that does not come free. Sensitive people are more open to suffering than others, and they are open not only to their own suffering, but to that of others. The weight of the world and its injustices can weigh heavily on the shoulders of the sensitive.

But ultimately, the sensitive child has the gift of being open to the world and its delights in a way that less sensitive people are not. Your challenge is to bring up your sensitive child in such a way that he doesn't lose this gift but emerges from childhood still in possession of his unique birthright. 

About This Sample Issue: This sample contains HALF as many pages as the standard quarterly newsletter and the print is smaller, too. We squished it. It is enough to give you an idea of what to expect, but still reduce costs and keep prices on the newsletter down. The yearly subscription price has not changed since our debut in 1996.