

Am I really *intuitive?*

**So, you're not really sure you're intuitive.
We totally understand that.**

**These are the opening signs for
intuitive sensitivity:**

- In childhood you knew – but didn't know how you knew – about the secret parts of others' lives.
- You've always been highly perceptive: you can see that the outside of a person doesn't always match the inside. It's obvious to you.
- You know when someone is emotionally upset, even if their outer appearance is happy.
- You find it difficult to compromise yourself – you like the truth of a situation.
- You're very honest and a hopeless liar.
- You're inexplicably drawn to the colours pink, lilac or white.
- You wouldn't define yourself as religious, but you have an interest in something that embraces life in a spiritual way.
- You find rollercoasters and other high-adrenaline activities stressful.
- You're uncomfortable with surprises.
- You never, if you can help it, sit with your back to a door.
- You like fine, beautiful things to look at.
- You've experienced an increase in allergies/food sensitivities, especially gut-related issues.
- When visiting places such as restaurants you always know exactly where the exit is.
- You're completely exhausted after returning from a shopping trip, yet your companions seem fine.
- You find yourself, for no particular reason, suddenly easily irritated in the company of other people.
- You find that high-impact exercise wipes you out for days afterwards.
- You have a strong need to find purpose. You can't rest without it.
- You find that strangers tell you their life history.
- You have a large stack of books by the side of your bed that never seems to go down. For important books you'll always have a hard copy; Kindle is for light reading.
- You prefer to observe first and talk later.



- You're not very good at small talk – you prefer deep conversation.
- You find the truth falls out of your mouth before you can stop it.
- You avoid confrontation at all costs, unless it involves someone/something incredibly important to you.
- You're desperate for your work to be of service. If it isn't, you start to feel an urgent need to leave.
- You're highly productive in a crisis, when a deeper sense seems to kick in.
- You're exhausted around others, yet people are stimulated/animated by your presence.
- You're sensitive to medications/have unusual sensitivities.
- You're extremely sensitive to others' moods.

Count up your ticks above to see how intuitive you are and what that means to your future.

1-5

You're likely to be what Dr Elaine Aron describes as a Highly Sensitive Person. It means you were born with a more sensitised nervous system than the average person. This was developed prior to your birth and means you feel things more deeply than the average person.

6-18

You're both a highly sensitive person and Intuitive-Sensitive. This means you were born with a sensitised nervous system, the ability to feel things more deeply but with the addition of heightened empathy. This means you're more perceptive than nervous, you convert your feelings into accurate intuition without even knowing it. You'll have an unconscious drive to learn more about a depth to life but will dip in and out of it because you're worried your ability makes you too different from those around you.

19-28

You are responsible with your intuitive ability and have a high drive to develop your inner world. You are a Highly Sensitive Person, someone born with a sensitised nervous system but you're that person who can feel they are 'meant' to do something with it. That feeling exists to drive you to develop your inner wisdom which leads to a certainty of mind and inner peace. Once developed, it's easy to relax into your life purpose.

Life's too short for mind clutter

Let your life flow