

## HSP Interview Questions

- What is your first name (and optionally, your age)?
- Where are you from (state/region)?
- What is your MBTI type?
- What is your favorite quote?
- What is your favorite music group (or song)?
- What do you do for fun/hobbies?
- Are you creative? How so?
- How long have you known you were an HSP, and how did you discover you had the trait?
- Do you consider yourself an Empath? If so, why?
- How has being an HSP been a benefit or asset in your life (explain)?
- How has being an HSP been a challenge in your life (explain)?
- The thing you **like most** about being an HSP is?
- The thing you **dislike most** about an HSP is?
- Have you told friends and family that you are an HSP or an Empath? What was their reaction? Do you feel they understand you?
- How has being an HSP affected your relationships (romantic or friendships)?
- Do you struggle with anxiety or depression? If so, do you think it could be related to being an HSP (How so)? Have you found good ways to treat it (share some tips)?
- As an HSP, what types of people, places, or things do you try to avoid?
- What are some general good self-care tips, podcasts, books, or resources you think other HSPs might find helpful/useful?
- What is a topic you would like to hear about on the podcast?
- Finally, what personal thoughts or encouragement (about being highly sensitive) would like to share with the HSP community?