

# HSP Interview Questions

*Please try to limit your recording to 15-20 minutes*

1. What is your first name (and optionally, your age)?
2. Where are you from (state/region)?
3. What is your MBTI type?
4. What is one of your favorite quotes or sayings?
5. What do you do for fun/hobbies?
6. Are you creative? How so?
7. How long have you known you were an HSP, and how did you discover you had the trait?
8. Do you consider yourself an Empath? If so, why?
9. How has being an HSP been a benefit or asset in your life (explain)?
10. How has being an HSP been a challenge in your life (explain)?
11. Do you hate or enjoy any particular stimuli (i.e.: certain sounds, scents, lighting, fabrics etc.)
12. Have you told friends and family that you are an HSP or an Empath? What was their reaction? Do you feel they understand you?
13. How has being an HSP affected your relationships (romantic or friendship)?
14. Do you struggle with anxiety or depression? If so, do you think it could be related to being an HSP (How so)? Have you discovered ways to overcome the anxiety or depression? If so, how?
15. As an HSP, what types of people, places, or things do you try to avoid?
16. What are some general good self-care tips, podcasts, books, or resources you think other HSPs might find helpful/useful?
17. What is something (i.e.: advice or wisdom) that the “current” you would tell the “younger” you?
18. Finally, do you have any personal thoughts, encouragement, or wisdom (related to living as an HSP) that you’d like to share with the HSP community?