

HSP and Human Emotions

1. Motivation behind Research Paper

Are you familiar with the term Highly Sensitive Person (HSP)? As someone who is HSP, I have experienced many challenges and difficulties. The motivation for this research was to spread awareness on this topic, so people could understand and relate to those with HSP. A person who is HSP has the tendency to overthink things and this may affect their social lives. I think that it is difficult for people to understand HSP, so I wanted to find ways to increase the understanding between people and the HSP community. Furthermore, I want to understand the experiences of other HSP, and find ways to help them feel more comfortable about identifying as HSP.

2. Introduction

The aim of this paper is to raise people's awareness on Highly Sensitive Persons (HSP). It also attempts to examine whether or not the term HSP is viewed negatively by the general public. Personally, I believe that the term HSP is a positive one. Most people who believe that the term HSP simply do not understand what challenges they face. Most people that are HSP tend to be negative, and would feel more disheartened if they knew how they were viewed by most people. I would like to turn this negative view into a positive one. and data collection:

3. Results and Analysis

My group and I found that an HSP has six main sources of happiness: happiness to feel, happiness of intuition, happiness of deep thinking, happiness of conscience, and happiness of sympathy. The “happiness to feel” is a sensation that is felt when a HSP sees a small smile from the people around them, can find good things about them, and they are healed by the nice space. The “happiness of Intuition” is when they can see what is good for you., A HSP can tell if the person they are talking to is saying something that is true false or true – since it is easy to distinguish between truths and lies, they, can get to the bottom of things quicker than others. The “happiness of deep thinking” is the ability to pursue their interests the fullest, be considerate of others' circumstances, accept small acts of kindness from others based on their background, and indulge in philosophical contemplation. The “happiness of expression” is the ability to know the inner self through self-expression. They are able to express themselves freely, until they are satisfied. The “happiness of conscience” is the ability to be sincere in their beliefs, A HSP can get great energy from the smiles of those around them, and feel happy to see the kind actions of others The happiness of sympathy is the ability to see the happiness in others, and to get inspiration from that source of positivity Through this research, Through this research, the meaning I wanted to convey about HSP was for those who do not know or have misunderstandings about HSP. By understanding those who are HSP, people can appreciate the diversity of people in society and also be a little more compassionate towards those that may be different from the norm. This global research hopes to promote understanding of our society as a whole.

4. Conclusion and Future Problems

Through this research we have been able to see the positive in what we thought was negative. For example, High creativity due to high sensitivity causes one to think deeply about one thing, attention to detail, ability to work hard and carefully, and so on. I am now able to think positively in this way. I thought that not many people knew about HSPs, and before I started working on my research I wanted people to know a little bit about HSP characteristics. While working on this project, we had a hard time seeking understanding from many people who did not know about HSP. I am still very much in deep thought but the research I did gave me the ability to see the positivity in this situation.

5. Reflection

The HSP community just wants to live their lives comfortably. I, personally, would want to live in a world where everyone can be understanding regardless of a condition they might have. Not many people are aware of HSP, which is why raising awareness is highly important. However, I understand that it is difficult to solve unseen problems. I would like for people to consider the following situation. Suppose you are on a train and the people next to you are talking bad about others. How would it make you feel? People with HSP would find this situation very uncomfortable, and so I feel that the best solution would be for people to exercise more kindness towards all kinds of people.

6. Work Cited

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