



WHITE OAK *Counseling and Recovery*

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LENS SENSITIVITY QUESTIONNAIRE

Name: _____ Date: _____

People are very different. Below is a list of statements that other clients have made about themselves. Please pick a number between 0 and 10 to describe how frequently you are aware of them or bothered by them. Please give an answer for each of the statements listed below.

SENSITIVITY

Never Often
0 1 2 3 4 5 6 7 8 9 10

- I feel when the weather is about to change.
- I can tell if a medication is going to work.
- I can sense unhealthy environments and then take care of myself.
- I can sense my need for food before I feel hungry.
- I can sense smells and scents that others seem not to notice.
- I can feel myself getting a cold or flu prior to having symptoms.
- I have a wide appreciation for tastes in different foods.
- I can feel the difference between quietness and stillness.
- I can feel the difference between relaxation and comfort.
- I select my friends by how I feel when I am with them, rather than by appearances.
- I sense mood, energy shifts and attention changes in people.
- I need to do things at my own pace.
- I am very creative.
- I know quickly when something is going to work out, such as a job or relationship.
- I have some abilities that some people consider psychic.

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REACTIVITY

Never
0 1 2 3 4 5 6 7 8 9 10
Often

I have unpleasant reactions to certain weather changes.

I have unpleasant reactions to certain foods.

I have unpleasant reactions to certain medications.

I have unpleasant reactions to certain smells.

I have unpleasant reactions to certain sounds and lights.

I have unpleasant reactions to skipping meals.

I can be shocked by my reactions.

My friends/family find me difficult being around.

HARDINESS

Never
0 1 2 3 4 5 6 7 8 9 10
Often

I have severe problems with the weather.

I have little if any physical energy/stamina.

I can do little thinking/planning without getting tired.

I have great problems with foods.

I have great problems with medication(s).

I get upset easily.

Pain prevents me from working.

When life hits me hard, it takes me a very long time to get back on my feet.