NAME:________________________________________

CHARACTER QUALITY: **SENSITIVITY**

**Definition:** If you are able to perceive, or recognize, the true attitudes and emotions of those around you, others will consider you to be an individual who has **SENSITIVITY**. If you are unaware or seeming to be indifferent to another’s perspectives you might be viewed as *callous*.  

www.characterfirst.com

. . . Quality Think/Quick Write . . .

1) When someone is insensitive her or his attitude communicates “I could care less” about others—s/he appears to think more about himself or herself. Do you know someone who seems to be callous? How does this person make others feel?

_______________________________________________________________

_______________________________________________________________

_______________________________________________________________

_______________________________________________________________

2) Sometimes we can be overly sensitive. There is a balance here that needs to be maintained so people don’t experience hurt feelings, but also so you don’t always feel you are the only one making concessions. When have your feelings and opinions been listened to by a *sensitive* person? The person seems to be full of care on your behalf—careful with words and actions. How did that make you feel?

_______________________________________________________________

_______________________________________________________________

_______________________________________________________________

_______________________________________________________________

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Nothing and no one gets to ME!

Shielded from Pain

Princess & the Pea

STRIVE FOR A HEALTHY PERSPECTIVE OF OTHERS AND YOURSELF!!

EVERYTHING hurts me!

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Questions? Contact deborah_ranz-smith@mail.msj.edu
NAME:____________________________________

CHARACTER QUALITY:  S E N S I T I V I T Y

Interactions with others require SENSITIVITY. Think how SENSITIVITY informs your actions in the following situations:

I know how to take ____ ____ ____ ____ ____. 

I know when it’s time to ____ ____ ____ ____ ____. 

I know when to offer ____ ____ ____ ____ ____.

Find the MISSING WORDS from above in the paragraph below:

Someone who has SENSITIVITY knows when it’s time to stop! Some people seem to require more sensitivity than others. If your feet have become calloused from walking barefoot on hard surfaces you might not feel a feather’s tickle as much as another person. Just so, someone who is experiencing something new might be a bit unsure about themselves – a little more SENSITIVITY is needed. Sometimes people are injured; perhaps they need an offer of help. Exercising SENSITIVITY you also understand the need to take turns whether it’s in conversation or playing a game.

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SENSITIVITY

There’s an emotional aspect to the word SENSITIVITY as you relate with other people. There’s also a physical aspect to the word SENSITIVITY.
Do you see the word SENSITIVITY almost spells the word “SENSE” at the beginning?
How is SENSITIVITY related to your 5 senses?

WHAT I SEE: ____________________________________________________________
________________________________________________________________________
________________________________________________________________________

WHAT I HEAR: ____________________________________________________________
________________________________________________________________________
________________________________________________________________________

WHAT I TOUCH: ____________________________________________________________
________________________________________________________________________
________________________________________________________________________

WHAT I SMELL: ____________________________________________________________
________________________________________________________________________
________________________________________________________________________

WHAT I TASTE: ____________________________________________________________
________________________________________________________________________
________________________________________________________________________

If one of your physical senses is hampered (for example cloudy vision, a plugged ear, a stuffy nose) then you might miss out on information that comes your way in life. Just so, if you are emotionally insensitive you might miss out on information that comes your way to help you get along with your friends and family.
MATCH THE FOLLOWING WORDS TO THEIR DEFINITION.
They all have a relationship, in terms of word origin, to the word SENSITIVITY.

1) desensitize
2) insensitive
3) senses
4) nonsense
5) sensible
6) sensitive
7) hypersensitive
8) sensation

CAN YOU THINK OF ANY OTHER WORDS THAT COULD BE IN THIS LIST?

Source of Definitions: www.dictionary.com