

NAME: _____

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

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?

Nothing and no one gets to ME!



Shielded from Pain





EVERYTHING hurts me!

Princess & the Pea

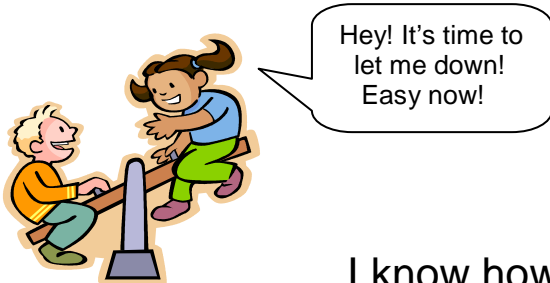
STRIVE FOR A HEALTHY PERSPECTIVE OF OTHERS AND YOURSELF!!

NAME: _____

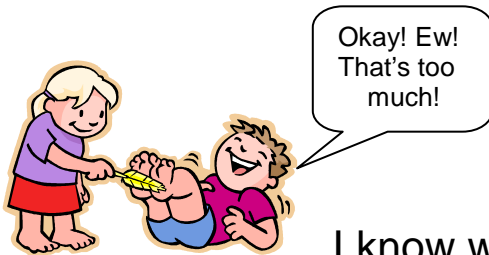
CHARACTER QUALITY: **S E N S I T I V I T Y**

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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Let's take a closer look at this
CHARACTER QUALITY word!

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.

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Let's take a closer look at this
CHARACTER QUALITY word!

SENSITIVITY

CHECK OUT THE MANY RELATED WORDS AND FORMS OF THE WORD **SENSITIVITY**.

MATCH THE FOLLOWING WORDS TO THEIR DEFINITION.

They all have a relationship, in terms of word origin, to the word **SENSITIVITY**.

- | | |
|-------------------------|--|
| _____ 1) desensitize | A) Responsive to or aware of feelings, moods, reactions, etc. |
| _____ 2) insensitive | B) Help us be aware of stimuli in the world about us |
| _____ 3) senses | C) Excited feeling or interest caused throughout a community due to a rumor or event |
| _____ 4) nonsense | D) Excessive in response or reaction |
| _____ 5) sensible | E) Words or conduct and action that are senseless, foolish, lack meaning, or absurd |
| _____ 6) sensitive | F) Sound, practical, reasonable, intelligent |
| _____ 7) hypersensitive | G) To lessen the degree of sensitivity |
| _____ 8) sensation | H) Lacking in consideration; unfeeling; callous |

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

Source of Definitions: www.dictionary.com