

A Few Pros and Cons of Being Highly Sensitive

While many people warn against the dangers of being a highly sensitive person—like an increased risk of [depression](#) and [anxiety](#)—being sensitive isn't all bad. Highly sensitive people are more [conscientious](#). They notice certain details others may overlook, and they can be very creative.

Being a highly sensitive person doesn't mean you have a disorder that needs to be fixed. It simply means that you process sensory data more deeply. Recognizing that you're a highly sensitive person could help you develop a better awareness of yourself and your needs.