



## Why Being Sensitive Is a Strength

### 为什么敏感是一种优势

Date: Mar. 1, 2023

When was the last time you **bragged** about being **sensitive**? Most likely, the answer is never. There are plenty of **traits** we take pride in but being “sensitive” is usually **perceived** as a weakness. It’s used to mean you’re **fragile**, **thin-skinned**, or just overreacting.

你上次炫耀自己很敏感是什么时候？答案很可能是从来没有。有很多特质让我们引以为豪，但“敏感”通常被视为一种弱点。它表示你很脆弱，脸皮薄，或者完全是反应过度。

Either way, the message sensitive people get isn’t to celebrate who they are. It’s that they should “overcome” their sensitivity and “**toughen up**.” **Putting aside** that this approach doesn’t work, it’s **wrongheaded**. Sensitivity is largely **genetic**, and not something you can turn off. It is a trait linked to giftedness and something we ought to embrace. In fact, according to three decades of research, it’s not only a healthy trait, it also serves as a powerful **asset**.

不管怎样，敏感的人得到的信息不是去庆祝自己是个敏感的人，而是应该“克服”自己的敏感，“坚强起来”。撇开这种方法的无效性不谈，它对敏感的理解是错误的。敏感很大程度上是遗传的，无法去除。敏感是一种与天赋有关的特质，我们应该接受它。事实上，根据三十年来的研究，敏感不仅是一种健康的特质，也是一个重要的优势。

As a personality trait, being sensitive means you take in more information from your environment, and you do more with it. Sensitive people are **wired** at a brain level to process information more deeply than others do. That includes **sensory** input (like noticing the texture of a **fabric**), emotional input

565 Words

**brag** [bræg] v. 吹嘘，夸耀 | He bragged about his new car. 他吹嘘自己的新车。

**sensitive** [ˈsensətɪv] adj. 敏感的；体贴的；善解人意的 | Young people are very sensitive about their appearance. 年轻人对外表很在意。

**trait** [treɪt] n. (人的个性的)特征，特点 | personality traits 个性特点

**perceive** [pəˈsi:v] v. 注意到，察觉到；将……理解为，将……视为 | This discovery was perceived as a major breakthrough. 这一发现被视为一项重大突破。

**fragile** [ˈfrædʒl] adj. 脆弱的；易碎的；精致的 | Relations between the two countries are in a fragile state. 两国关系脆弱。

**thin-skinned** adj. 脸皮薄的，敏感的

**toughen up** 变坚韧，变坚强 | Three years in the army toughened him up. 在部队的三年使他更加坚强了。

**put aside** 不考虑，搁置；把……放在一边；留出 | We should put aside our differences and discuss the things we have in common. 我们应当抛开分歧，讨论一下我们的共同

(reading social cues), and ideas (spending a longer time **thinking** things **through** and making more connections between concepts).

作为一种性格特征，敏感意味着你会从周围环境中获取更多信息，并利用这些信息做更多事情。敏感的人在大脑层面上天生就比其他人的能更深入地处理信息。包括感官输入(比如注意面料的质地)、情感输入(读取社交线索)和想法(花更长的时间仔细思考事情，在概念之间建立更多的联系)。

If you're sensitive, this deep processing changes the way you see the world. You probably notice what others miss, think, and feel deeply, and have a vivid inner life. You probably also get overstimulated in situations that don't bother anyone else. If so, you're not alone. Roughly 30% of all people, regardless of gender, score high for sensitivity. These individuals, sometimes called **highly sensitive people (HSPs)**, are wired to go deep. And that depth comes with gifts.

如果你很敏感，这种对信息的深度处理会改变你看待世界的方式。你可能会注意到别人错过的、考虑的和深切感受的，并拥有丰富的内心生活。你也可能会在不打扰别人的情况下过度激动。如果是这样，你并不孤单。不论性别，大约 30% 的人在敏感度方面得分很高。这些人有时被称为“高敏感人群”，他们生来就会深入地处理信息，这赋予了他们一些天赋。

The most well-known and **celebrated** sensitive gift is creativity. It's perhaps the one **generalization** that's true: Sensitive people tend to be highly creative, and many—perhaps most—artists, musicians, and actors are themselves sensitive people.

最著名的与敏感相关的天赋是创造力。这种概括或许是正确的：敏感的人往往极具创造力，许多（也可能是绝大多数）艺术家、音乐家和演员本身就是敏感的人。

But creativity doesn't end with the arts. The same ability translates to innovation. Many of our greatest thinkers and scientists throughout history have been sensitive people, including Charles Darwin, who was not only creative but

点。

**wrongheaded** *adj.* 判断错误的，弄错了的

**genetic** [dʒəˈnetɪk] *adj.* 遗传的，基因的 | Doctors believe the condition is caused by a genetic defect. 医生们认为这种情况是由基因缺陷引起的。

**asset** [ˈæset] *n.* 资产，财产；有利条件，长处 | A sense of humor is a great asset in this business. 在这一行业中，幽默感是一大有利条件。

**wired** [ˈwaɪərd] *adj.* 天生的，生来的；联网的，连线的；紧张的，不安的

**sensory** [ˈsensəri] *adj.* 感觉的，感官的

**fabric** [ˈfæbrɪk] *n.* 织物，布料；结构

**think through** 充分考虑，想透（所有可能的影响或结果） | People need time to think through what the changes will mean for them. 人们需要时间来想清楚这些变化对他们意味着什么。

#### ◇ 背景知识

**highly sensitive people (HSPs)**

高敏感人群。1997 年，心理学家 Elaine Aron 博士最早提出了 HSP 这一概念。她和同事们总结了 HSP 者的一般共性：1) 深度加工信息；2) 易被过度刺激；3) 对积极/消极事物都有更大反应；4) 感知细微之处。高敏感体质不是一种疾病或状态，

**contemplative**, humble, **conscientious**, and full of strong emotions — the model of a sensitive person. Sensitive people have this capacity for innovation because they tend to be deep thinkers who spend more time and energy **turning** problems over in their heads—and end up seeing more possibilities and solutions.

但是，创造力并不局限于艺术方面，还可以转化为创新。历史上许多最伟大的思想家和科学家都是敏感的人，包括查尔斯·达尔文，他不仅富有创造力，而且善于沉思，谦逊，认真，拥有强烈的情感，他是敏感人群的典范。敏感的人具有这种创新能力，因为他们往往是深刻的思考者，他们会花更多的时间和精力在脑子里思考问题，最终会看到更多的可能性和解决方案。

Sensitive people do pay a price for these gifts, however, by becoming overstimulated. Overstimulation is what happens when there is simply too much information for the brain to keep going deep. It feels like **brain fog**, **fatigue** and anxiety; it happens in situations that are too loud, too **chaotic**, or too emotionally intense. This is the only time when sensitive people really might seem less “tough” than others, but sensitive people can learn to largely prevent it. For sensitive people, even sensitive **extroverts**, a little bit of quiet alone time **goes a very long way**.

然而，敏感的人确实要为这些天赋付出代价，因为他们会感到过度刺激。过度刺激发生于大脑接收了太多信息而无法继续深入处理。它就像脑雾、疲劳和焦虑；它发生在太嘈杂、太混乱或情绪太强烈的情况下。只有在这时候敏感的人看起来不像其他人那么“坚强”，但敏感的人可以学着在很大程度上避免它。对于敏感的人，甚至是敏感的外向者，一小段安静的独处时间会很有帮助。

If any of this sounds like you, you might be more sensitive than you realize. If so, you have probably felt the pressure to hide it. But that's a **trap**. You cannot make yourself less sensitive than you are and trying to do so only cuts you off from

而是一种比较稳定和持久的人格特征。高度敏感人群可以更深入地感知、处理内部与外部的信息，并且拥有更强大的洞察力与觉察能力。

**celebrated** ['selibreɪtɪd] *adj.* 著名的，有名的

**generalization** [ˌdʒenrəleɪʒən] *n.* 概括，归纳 | make generalizations about sth. 对某事做出归纳

**contemplative** [kənˈtemplətɪv] *adj.* 沉思默想的，深思熟虑的 | She was in contemplative mood. 她陷入沉思之中。

**conscientious** [ˌkɒnʃiˈenʃəs] *adj.* 勤勉认真的，一丝不苟的 | We are generally very conscientious about our work. 我们一般对工作都是很认真的。

**turn sth. over in one's mind** 在脑子里仔细考虑，深思熟虑，细想

**brain fog** 脑雾（包括思维和反应迟缓、模糊、混乱，精神感到疲劳，注意力不集中等）

**fatigue** [fəˈtiːɡ] *n.* 疲劳，劳累 | He's suffering from physical and mental fatigue. 他身心交瘁。

**chaotic** [keɪˈɑːtɪk] *adj.* 混乱的，杂乱的 | The traffic in the city is chaotic in the rush hour. 在上下班高峰时间，城市的交通混乱不堪。

**extrovert** ['ekstrəvɜːrt] *n.* 性格外向者，活泼自信的人

**go a long way** （对做某事）帮

your gifts.

如果你也有同感，你可能比你意识到的更敏感。如果是这样，你可能会迫于压力想要隐藏自己的敏感。但这是个陷阱。你不能让自己变得不那么敏感，试图这样做只会扼杀你的天赋。

Instead, the single most important step you can take for yourself is what society has told you not to do your whole life: Stop hiding from your sensitivity. Embrace it, and show it to the world.

相反，你可以为自己做的最重要的事情是外界告诉你这辈子都不要做的：不再隐藏你的敏感。坦然接受它，向全世界展示它。

助很大；经用，够维持很长时间 |

The money raised will go a long way towards paying for Freddie's medical treatment. 所筹得的钱对支付弗雷迪的医疗费用有帮助。

**trap** [træp] *n.* 陷阱；困境 *v.* 使陷入困境；卡住 | Amanda felt that marriage was a trap. 阿曼达觉得婚姻是个牢笼。

## ➤ 脉络梳理

Para. 1-2 指出敏感通常被视为弱点，但它实际上是一种优势

Para. 3-6 分析敏感的优点：敏感的人对事情思考得更深入，往往更具创造力

Para. 7 指出敏感的缺点：大脑处理的信息过多时容易感到过度刺激，需要一些安静的独处时间来缓解

Para. 8-9 提出建议：坦然接受自己的敏感，而不是试图掩盖它

## ➤ 长难句拆解

