

The Little Book of High Sensitivity

From Surviving to Thriving as a
Highly Sensitive Person

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Hello Sensitive Souls!

Welcome to your tribe!

Although it can sometimes feel like a burden to be Highly Sensitive, in this little book I will show you that your sensitivity is a gift. With the right tools and understanding it truly can be your Super Power!

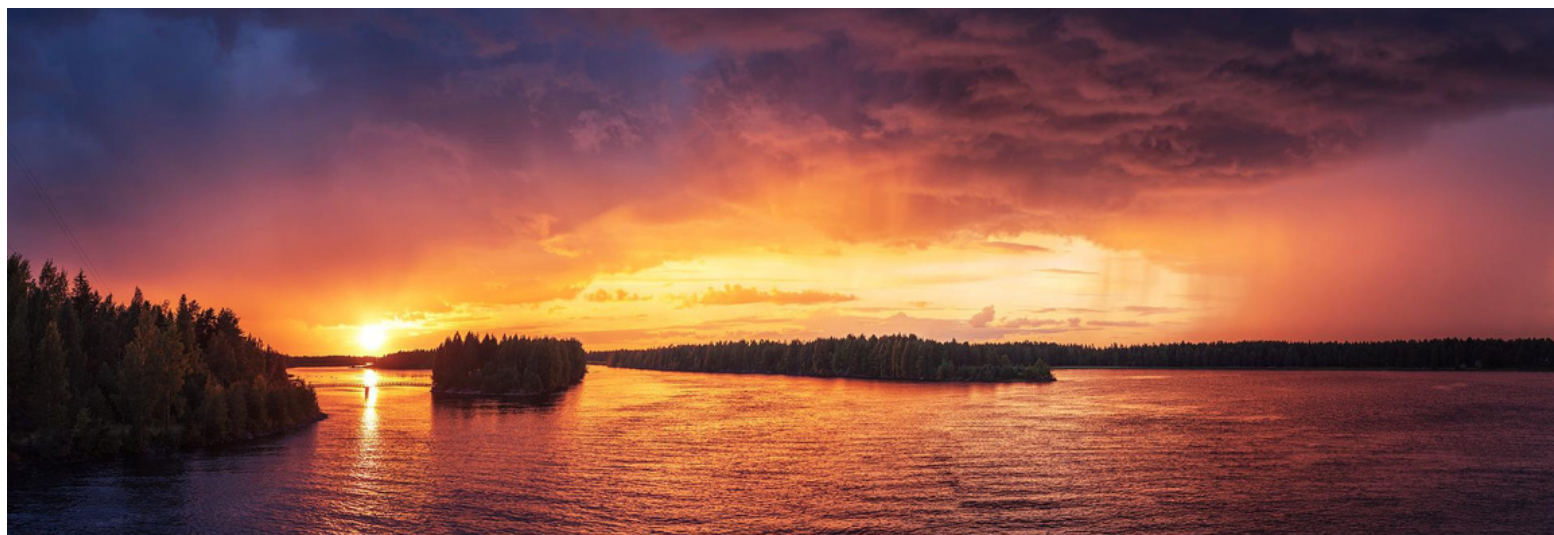


High Sensitivity, or Sensory Processing Sensitivity, is a trait that's all about processing information at a very deep level. If you're new to the idea of being an HSP (Highly Sensitive Person), this will validate and encourage you. If you've been aware of it for some time, all of this information may not be new, but it's a good reminder and can be useful in helping you manage your sensitivities and helping others to understand your trait.

We'll be looking at the who, what, why and how of high sensitivity:

1. Who are HSPs? What high sensitivity is, what it's NOT
2. Minimizing overwhelm and feeling more peace
3. How to handle energy...our own and others'
4. Why it's important to love ourselves as we are, and how to do that
5. The benefits of being highly sensitive and how we contribute to society
6. How to help others understand us, our needs and our gifts

Let's get started!



What is High Sensitivity?

**First, let's be clear about what it's
NOT (contrary to some assumptions):**

- ~ a disorder, diagnosis or condition.
- ~ a choice
- ~ something "wrong" or "bad" that needs to be fixed, changed or denied
- ~ just a reactive behavior that will go away once you figure it out
- ~ introversion, shyness or being anti-social, only seen in women
- ~ weak, dramatic, too feminine



So, what IS it?

- ✓ High Sensitivity is a GENETIC trait, just like being right or left handed; we're born this way.
- ✓ We are and always will be highly sensitive...our brains are actually different (in a good way!) than those of non-highly sensitive people.
- ✓ Although we're different than some, at least 20% of the population is Highly Sensitive. We're not in the majority, but certainly not outliers.
- ✓ While trauma may exacerbate sensitivities if positive coping mechanisms aren't effective, we're born sensitive and we don't need for (nor, hopefully, want) it to 'go away.'
- ✓ 30% of HSPs are extroverted, we like connection (just usually not in large groups or crowds), and it's seen evenly among males and females.
- ✓ There is great strength possible in spite of...even because of...sensitivity.

Being Highly Sensitive is like being a big sponge with fewer than usual filters. We soak up everything in our environment...everything is important. Thus, it's challenging for us to 'just ignore' things or not be affected by external input. Our emotions can be intense, because we feel deeply. This can lead to emotional reactivity, or to being very shut down in response to the intensity of emotions, or hearing that there's something wrong with our emotional level.

Overwhelm, and the nervous system

Because we take in more information than average, and pay attention to most or all of it, we can get overwhelmed, even exhausted. It's imperative that we take care of ourselves and calm our nervous systems.

Elain Aron, the original researcher of high sensitivity, suggests that HSPs benefit most from 2 hours per day, and one whole day per week, of down time...preferably solo. This can be challenging if you work and have a family, but getting as close as possible to this goal will help to minimize the overwhelm. This is not selfish.

Our systems need to recharge. Like putting on our oxygen masks first, we need to take care of ourselves before we can serve others.



*"Self-care is not
self-indulgence,
it is self-
preservation."*

Audre Lorde

What do I do with all this energy?

HSPs tend to feel the energy of others, of a room or workspace, even of animals. We often have an idea about what another person or a group needs, what will make things go smoothly. That can be very beneficial. It can, however, be challenging. I often hear, "I don't know what to do with energy."

If you're feeling energy that unsettles you, it's good to pause and ask,

"Is this mine? Do I want to own it?"

If the answer is no, you can create the intention to not take it in and use some techniques to establish energetic boundaries. Intention is very powerful; when we're AWARE, we can protect ourselves.

TIP

Get centered and imagine you're surrounded by an invisible mesh bubble. Your energy can flow out effortlessly, but unwanted outside energy bounces off and is absorbed by the ether (or converted to positive energy).



Self Love and Compassion

"Today you are You, that is truer than true. There is no one alive that is Youer than You." (Dr. Seuss)

As you become more aware of your trait and develop tools for minimizing overwhelm and managing in a world that's designed for the other 80%, you can begin to accept yourself for who you are, as a Highly Sensitive Person.

Most of us heard throughout childhood and even into our adulthood, and likely still, that we're 'too sensitive,' need to 'let things go,' need to 'suck it up, don't be such a baby.' Many of us have taken these statements to heart, feeling wrong or weird or unlovable. It's a viewpoint that comes from lack of understanding.



REFRAMING

We can practice replacing these unhelpful beliefs with truthful, realistic ones:

"I'm VERY sensitive, and it's a good thing for many reasons."

"My attention to detail and thinking deeply make me a good problem solver."

"My high level of compassion is a benefit to the world."

Every judgmental statement can be reframed to something positive...and true.

Are There Benefits?

Yes! Oh, so many!

It's important to focus on the fact that, while life definitely has its challenges for HSPs, High Sensitivity isn't inherently negative or difficult. With the right tools and understanding, it can be both beneficial to the world and enriching for our own lives.

1. We're like canaries in a coal mine. We're aware of things others miss, which can really be helpful at times.
 2. We're compassionate and empathetic and know when things aren't right, what others need.
 3. We're highly creative. Most of your favorite artists, musicians and writers are likely to be Highly Sensitive.
 4. We think outside the box and consider all sides, so we make good leaders, teachers, guides and healers.
 5. We notice and appreciate the little things, so life is very rich. It's like living in technicolor.
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6. We like deep connection and care deeply, so we make good friends.

7. We're introspective and curious.
• We tend to be lifelong learners.

8. We generally have a very strong connection with, and are good stewards of, Nature.

9. We tend to be intuitive and nurturing and often know just the right thing to say.

10. We can concentrate deeply and be very focused (if not distracted).



There are definitely more benefits. What would you not want to give up? Sometimes we don't realize that some 'positive' experiences or skills are related to high sensitivity. It's easy to assume everyone enjoys or can do the same things, but that's not necessarily the case. Our HSP trait provides many blessings. If we embrace it, it will be our Super Power.

Personal Image and Self Love

"If you have the ability to love, love yourself first."

-Charles Bukowski

It would be nice to be accepted, understood and validated by everyone. That's just not likely, if even possible. While we can learn how to share our trait with others, the key to embracing our sensitivities is accepting, honoring and loving ourselves AS highly sensitive.

What's good about you?

When you review the benefits list above what resonates most with you? Take some time to identify what makes you special, what you contribute, because of your sensitivity. Write these down in a list and look at it often, add to it as you recognize more benefits or positive characteristics. Make sure you include things that seem insignificant or typical or natural...you may assume that everyone has the same tendency or skill, but that's likely not the case.



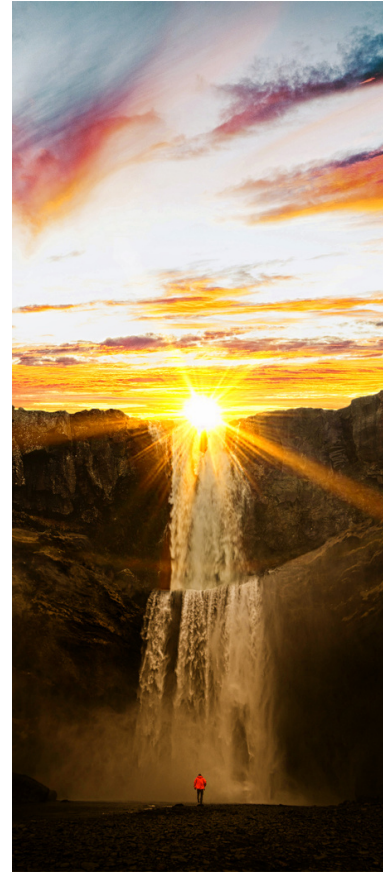
Love yourself

Awareness > Acceptance > Compassion > Love

How can we help others to understand us?

"Put yourself in someone else's shoes" is a great idiom and does encourage compassion. As highly sensitives it's important to realize that how we see life and how non-highly sensitive people see life is very different.

Others may say, "Why does that bother you?" while we think, "How could it NOT bother me (or you)?" We're not going to see things the same way, we're not going to 'get' each other completely. This is one reason it's really helpful to have some HSP friends, who do 'get' us.



TIPS

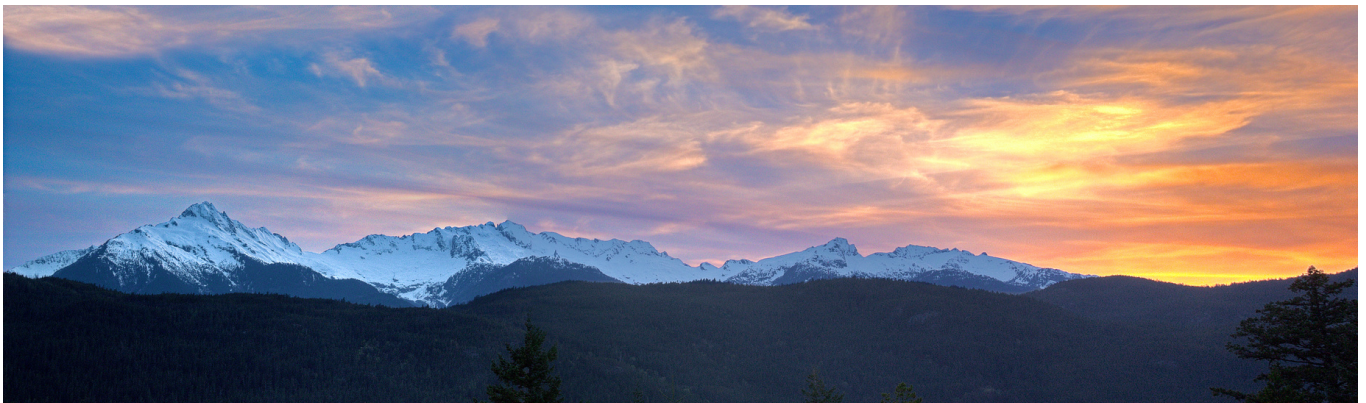
1. Take an HSP quiz if you haven't, then have someone else take it (<https://bit.ly/3Li7byc>) and talk about the really significant ones.
 2. Share the facts: it's genetic...the way you're wired, found in 20% of the population, equal among males and females.
 3. Ask what a situation is like for the other person, then share your view/experience and the whys.
 4. Share the positive side...the benefits (others usually like these).
 5. Ask for what you need, from a calm, centered place.
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Realizing Your Super Power

Once you understand sensitivity, adopt a toolbox of techniques for minimizing overwhelm, and come to accept and love yourself and honor your trait, life as a Highly Sensitive Person will be amazing!

You notice and experience things that others don't that create a rich, vibrant life. You have so much to offer the world with your compassion, empathy, intuition, focus, helpfulness and ability to see all sides and think out of the box.

If you honor yourself and learn how to share your trait and your needs, and maintain good boundaries, there's no limit to what you can do!

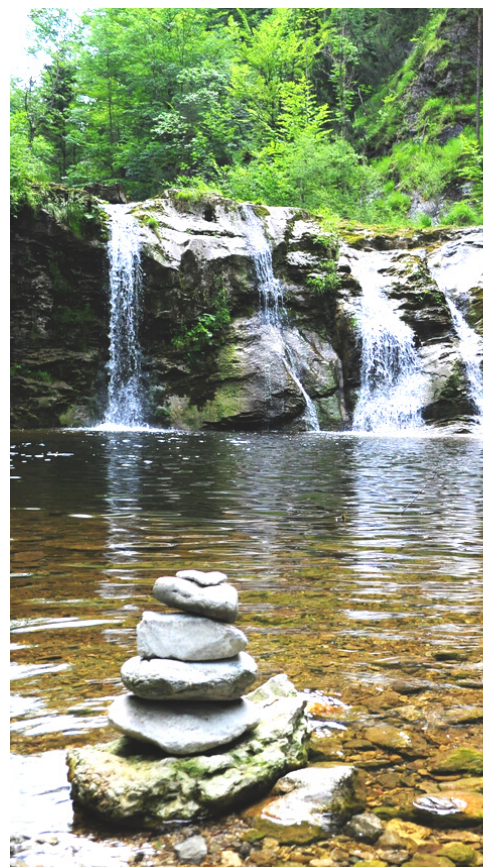


And what is your individual Super Power? Are you a helper, a healer? Are you a writer, artist or performer? Is your intuition spot-on? Are you one step ahead of everyone or solve the unsolvable problems?

Embrace that! You're amazing!

Thank you for reading. If the information in this ebook is helpful, but you're still struggling to love yourself as an HSP, feeling overwhelmed or struggling in your relationships, it could be helpful to work with someone who can guide you along your journey. I'd love to be that guide.

As an HSP, I 'get it,' I've been down that road and moved from surviving to thriving, using the same tools I use with my clients. I love working with other HSPs to reach the place of calm, self acceptance and self love.



“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.”

Ralph Waldo Emerson

Schedule a free discovery call

