

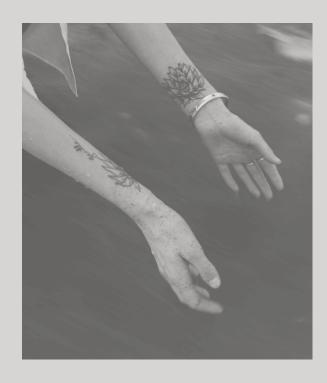
INTRODUCTION

I'm so glad you're here.

Whether you found this workbook through curiosity, exhaustion, longing, or quiet recognition, I hope it is of some support and clarity for you on your journey.

This workbook is useful whether or not you are highly sensitive. If you are, it may feel especially important because what sensitive systems need to truly thrive often contradicts what we've been taught (directly or indirectly) by family, school, and society.

At its core, this is about learning to hear our internal cues more clearly than external noise. And that clarity often comes through lived experience and experimentation.



What is High Sensitivity?

High sensitivity = heightened perception.

This might show up as sensitivity to sound, light, scent, emotional tone, or subtle interpersonal shifts. It might mean needing more time after intense or overwhelming experiences not because you're weak, but because you're processing more.

It's less about fragility and more about depth. A highly sensitive system receives and filters a greater volume of sensory or emotional information. That's not always easy, but it's not inherently a problem. It just requires different care.



ABOUT THE LABEL: "HIGHLY SENSITIVE PERSON"

If you relate to any of what's been described, you might be highly sensitive. But here's the key: this term is a compass, not a cage.

Rather than defining you, it helps you orient. It can illuminate how you move through the world what nourishes or depletes you, and how to navigate with more clarity and self-trust.

A general rule of thumb I use for any label:

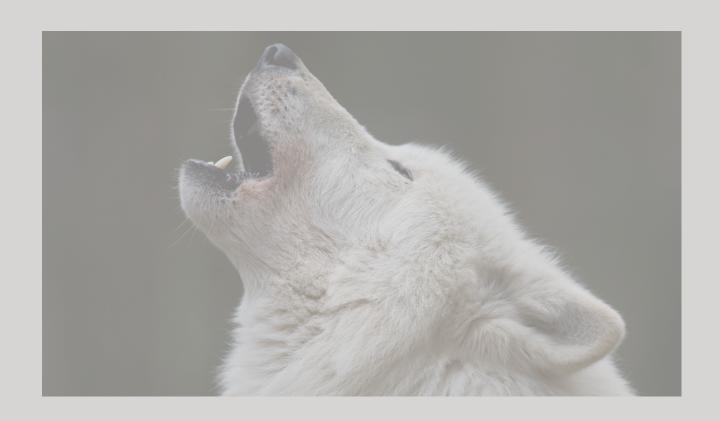
- If it leaves you feeling freer, more understood, or relieved that there's nothing "wrong" with you, it's likely useful.
- If it leaves you feeling stuck, defined, or doomed it might not be the right fit.

Your system will often tell you. Our body has its own intelligence. And our relationship to language can either lock us in or open a door.

Why Even Name It?

In therapy, there's a practice called "name it to tame it." Simply identifying an emotion can help soothe our nervous system. It tells the body: "I see what's happening. You're not alone in this." And often, that's all it takes for things to soften, even just a little.

This is what naming high sensitivity can do. It doesn't fix everything, but it can quiet the inner alarms and remind you: this makes sense.



What Causes High Sensitivity?

There's no single source. And I don't believe there ever is. Sensitivity is shaped by both science and spirit - biology and mystery.

Science

- ·Genetics
- ·Prenatal and birth experiences
- ·Early life environment or trauma
- ·Epigenetics
- ·Brain-based differences (for example, the insula cortex, which helps process sensory data, may function differently in highly sensitive people)

Spirit

- ·Soul contracts: What might your soul have chosen to experience in this lifetime? What gifts, lessons, or perspectives might sensitivity carry?
- ·Collective evolution: We need people who sense subtleties, who notice what others miss. Sensitivity plays a vital role in our individual and planetary healing.
- •The mystery: Some things remain beyond human understanding. And that's okay. I believe in our human experience, it's important to always leave space for what we may not ever fully "understand".

GIFTS OF HIGH SENSITIVITY

- ·Perceiving what others might overlook
- Deep empathy and attunement
- ·Tenderness toward all beings and the Earth
- Creative insight and original perspective
 Subtle energetic impact (Joy, rest, and presence
 are forms of quiet leadership. Have you ever walked
 away from someone feeling more grounded,
 uplifted, or calm? This where we can impact the
 world on a subtle level that is often overlooked.)



These gifts need tending. Without the right support, they can feel more like burdens. Learning to care for your sensitivity is not indulgence; it's stewardship.

About 30% of the population is considered highly sensitive but I believe that number is growing. Especially among younger generations. We are evolving. And part of that evolution requires sensitivity: the ability to register what no longer works, what hurts, what needs to change.

Sensitivity means you might pick up subtle signals that others might miss; however it is important to remember it doesn't mean every signal needs to be believed right away (this is where practicing the neutral perspective is extremely helpful).

And when life gets complex, when there are no blackand-white answers, our sensitivity can help us feel into what's true.



CHALLENGES OF HIGH SENSITIVITY

·Overwhelm / Overstimulation:

This is a big one. Over time, you'll find ways to reduce overwhelm and build capacity for the moments it's unavoidable.

·Codependency tendencies:

If you're deeply attuned to others but not anchored in yourself, you may absorb their emotional states and try to manage them through people-pleasing, over functioning, or hypervigilance. Learning to separate what's yours from what's not is a key.

·Self-trust and internal connection:

Sometimes, when you're used to reading others so quickly, you may lose connection with your own truth. Building a loving, trustworthy relationship with your internal world takes time, and is completely possible.

·Relationship to sensation & emotion:

Feeling deeply isn't the problem. But without tools and support, big emotions can feel like floods. Developing a more neutral, grounded relationship to your inner world is really helpful in reducing overwhelm.

·Speaking up / boundaries:

When your awareness is dialed toward others, asserting boundaries can feel unnatural or even dangerous. But boundaries are a form of self-respect. And they're a muscle, you can build them over time.

JOURNAL PROMPT #1: ORIENTING INWARD

These questions are here to help you hear your system more clearly, not to overanalyze, but to gently listen. Let them land however they land, perhaps play with writing your very first answer, the one that comes before you think.

- ·What in my life currently feels in balance, flow, or harmony? What feels out of balance, flow, or harmony?
- ·How does my body typically let me know when a boundary has been crossed?

When I've absorbed someone else's emotion or energy?

·Do I notice any patterns around when this happens? (If it doesn't happen for you, that's great and that's clarity too.)

These next couple are more big picture exploration. Let yourself sit with them maybe for a few moments or days, go on a walk, come back, and see what comes to you.

·When have you felt both deeply connected to something bigger and deeply in your body at the same time? What was that like? Where do I feel tension or paradox between these two truths? ·Can I feel the ache of the world and still root in what's good? (As Charles Eisenstein says: the more beautiful world our hearts know is possible. Where do I feel that world already beginning, even just a little?)

NEUTRAL PERSPECTIVE PRACTICE: EAGLE EYE MEDITATION/REFLECTION.

You can read this to yourself slowly, line by line pausing to close your eyes at intervals that feel right. Or, if you prefer, you might ask someone you trust to guide you through it aloud. There's no perfect way to do this, just let the imagery land in whatever way your body and mind can receive it today.

Begin by sitting or lying down comfortably. Take a few slow, steady breaths.

Feel your body arrive. Notice where your back touches the floor or chair. Let your limbs be heavy. Let your breath move in and out slowly but naturally.

Now, bring to mind a place you love. Somewhere familiar, maybe a beach, a park, a corner of your home. Somewhere peaceful and simple, that does not bring big emotions, just a pleasant, safe place that feels good to your body.

Imagine yourself there. Look around slowly. What do you see? What colors, textures, sounds? Are you standing, sitting, curled up? Are you warm or cool? Can you feel the ground beneath your feet? Let yourself really be there for a moment.

EAGLE EYE MEDITATION/REFLECTION CONTINUED...

Now, look up.

Above you, high in the sky, is an eagle (or maybe another flying creature of your choice). It circles once, then gently glides toward you. You climb gently onto its back, steady, safe, anchored, and together you lift into the air.

Up and up. Higher than the trees. Higher than the noise. Above the moment.

The eagle carries you to a calm, clear vantage point where you can see everything, but aren't inside of it.

From here, take a few breaths. Look down at the landscape of your life. Notice without judgment. Observe without getting pulled in. Your animal friend shows you a way of seeing that holds both beauty and pain with clarity and honesty.

When you're ready, you are gently brought back down to the ground. Feel your body again. Wiggle your fingers or toes. Take a breath into your belly.

Take a moment to write down anything that came up. If you need some gentle prompts, try these:

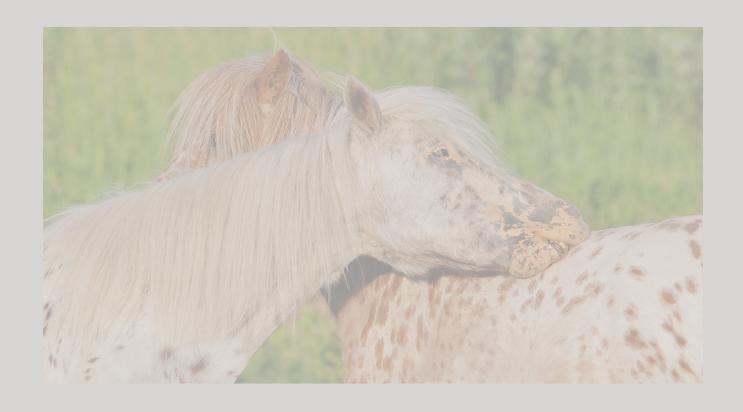
- What did I notice in my body during the exercise? (Nothing is bad or wrong even if it was not comfortable this is the neutrality that is really helpful to cultivate because when we feel/perceive so much, it can be almost that our experiences are controlling us as opposed to the other way around but too much control can bring us out of balance.)
 - What did I see or feel from the eagle-eye perspective?
 - What shifts when I practice looking at my experience instead of being swept into it?



SUPPORT: WHAT ACTUALLY HELPS YOU?

Getting to know what uniquely supports you is one of the most valuable investments you can make. What soothes one nervous system might agitate another and vice versa.

From walks in nature, to cold plunges, to a deeper breath or two, there is no universal toolkit: only what works for you. And this will likely change over time, as our life evolves and shifts. My hope is that this workbook, and the deeper listening it invites, will begin to help you clarify what supports you best.



JOURNAL PROMPT #2: From Truths to Tenderness.

- If I were to really tell myself the truth...... (write for a few minutes, this could be 'I feel tired' or 'I love to dance' or 'I feel x, y, or z right now').
- I feel most free to be myself when... (What is the simplest essence of whatever comes to you here
- What kinds of support (internal or external) help me feel more grounded, capable, or safe to be fully me? (Think of moments when you've felt held, seen, or simply steady. What helped make that possible?)
- During which places, activities, moments in the day do I notice feeling most myself, settled, with space for deep breaths?

In Closing

You are not too much. You are not broken. You are a finely-tuned instrument in a world that often prefers noise.

Stewarding your sensitivity is an act of self-respect. It is not about shrinking, hardening, or escaping It is about coming home.

Learning to trust what you feel. Allowing yourself to take time in learning your own subtleties and supports. And creating a life that doesn't just accommodate your sensitivity, but rather honours it.

