

# “7 SIGNS YOU’RE A PSYCHIC EMPATH”

*Understand your sensitivity. Protect your energy. Expand your gifts.*



Welcome to your Empath Energy Map a companion workbook designed to help you reflect on what you learned during class and identify where your energy flows, leaks, and expands. You'll explore the 7 core empath traits, pinpoint where your sensitivity shows up in daily life, and learn how to use that same energy for healing and intuitive development.

Psychic empaths are not emotional sponges they're translators of energy. Awareness transforms overwhelm into power.

# Empath Energy Map Workbook

A Companion Guide to “7 Signs You’re a Psychic Empath” with Bella Silva Cacilhas

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## 1. Quick Checklist — 7 Signs You’re a Psychic Empath

Sign	Do You Experience	This?Notes [
1. You ‘feel’ people before they speak	<input type="checkbox"/> Yes <input type="checkbox"/> No	
2. Technology or crowds drain you	<input type="checkbox"/> Yes <input type="checkbox"/> No	
3. You absorb emotions that aren’t yours	<input type="checkbox"/> Yes <input type="checkbox"/> No	
4. Spirit connects through bodily sensations	<input type="checkbox"/> Yes <input type="checkbox"/> No	
5. Your body mirrors others’ pain	<input type="checkbox"/> Yes <input type="checkbox"/> No	
6. You attract emotional talkers & energy seekers	<input type="checkbox"/> Yes <input type="checkbox"/> No	
7. You crave solitude but fear disconnection	<input type="checkbox"/> Yes <input type="checkbox"/> No	

## 2. Personal Reflections

For each sign you marked "Yes," describe a real-life example or feeling that stood out to you. How does this show up in your life, and what message might Spirit be sending you through that experience?


### 3. Mini Self-Assessment — Where Does My Energy Leak?

Think of recent moments when your energy dropped or felt 'off.' What triggered it?

Situation	Energy Leak Level (1–5)	What Could Help Balance It?

## 4. Energy Reset Practice

### A Simple 3-Minute Reset

1. Place one hand over your heart and one over your solar plexus.
2. Breathe slowly and imagine soft golden light expanding outward.
3. Say aloud: "I choose to keep my energy clear and my compassion strong."
4. Notice any sensations, colors, or emotions that appear.

**Reflection:** How did your energy shift after this exercise?


## 5. Notes & Insights from Class

Notes:

# The Spirit Expansion Pathway



For those ready to develop your empathic and psychic gifts with support and structure.

Spirit Circles Small-group intuitive development and energy mastery with Psychic Medium Bella

- Monthly live practice sessions
- Tools to manage energy and strengthen intuition
- Real-time feedback and community connection

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- Psychic Protection & Boundaries
- Channeling Spirit Energy
- Healing Through Frequency
- The Science of Intuition



Each includes guided practices and tools you can apply right away.



Choose your path — or combine both for the full Spirit Expansion Pathway experience.

Join here: [www.psychicmediumbella.com](http://www.psychicmediumbella.com)

Use code CIRCLE before Jan 2, 2026 to lock in the introductory rate.



# Closing Reflection

“Your sensitivity isn’t a flaw it’s your frequency.”

You’re not here to carry the world’s energy you’re here to  
translate it into light, wisdom, and healing.

