

For Santas, Subtle Changes ~

Paying attention to *subtle changes* in the body when someone speaks to us can help us navigate harmful or abusive dynamics. It is okay to be sensitive to these signals and to set boundaries for personal protection. During times when hateful rhetoric, dehumanizing language, and various forms of abuse may be increasingly visible or normalized, listening to our instincts and honoring our emotional and physical responses can be an important part of maintaining safety and well-being.

One nuance worth noting is that bodily reactions can provide valuable information, but they are not always definitive proof that someone is being abusive. Stress, past experiences, anxiety, or unfamiliar situations can also trigger strong physical responses. Combining those internal signals with observation of a person's actual behavior, patterns, and actions often leads to the most reliable assessment.

Healthy boundaries can include:

- Limiting contact with people who repeatedly disrespect you.
- Leaving conversations that become hostile or demeaning.
- Seeking support from trusted friends, family members, or professionals.
- Giving yourself permission to say no without extensive justification.
- Paying attention to recurring patterns rather than isolated incidents.

Sensitivity can be very helpful in self protection and staying on a healing frequency. In many situations, it can function as an early warning system that helps people recognize discomfort, assess risk, and make decisions about their own safety and well-being.