The HSP Empath’s Fact Sheet

**Highly Sensitive Persons and Empaths will both referred to as SENSITIVES in this document.**

1. **FACT:**   **Sensitives** are feeling beings before they are intellectual beings
2. **FACT:  Sensitives** *feel* first, *think* second, *react* third, *take action* fourth

1. **FACT:  Sensitives** communicate unconsciously broadcasting waves of energetic vibrations
2. **FACT:**  **Sensitives** first receive other's vibrational communication through body sensation before words are spoken AND before words make meaning based on old patterns or behaviours

1. **FACT:  Sensitives** feel ALL emotions not just the negative  -  positive, negative, and invisible energies

1. **FACT: Sensitives** may feel body sensations, emotions, and thoughts of ***animals*** such as sadness, joy, love, pain, fear experienced in their own bodies and minds

1. **FACT:**  **Sensitives** feel and react to the physical energy of earth, air, water, fire, and other dimensions

1. **FACT:**  **Sensitives** suffer more overwhelm than non-sensitives
2. **FACT:**  **Sensitives** suffer more illness than non-sensitives

1. **FACT:**  **Sensitives** are more physically sensitive to sound, light, temperature, and touch

1. **FACT:** **Sensitives** self-isolate to self-protect from incoming invasive energy radiating from others

1. **FACT:**  **Untrained Sensitives** unconsciously take ownership of all the energy they feel and are unable to distinguish between their own and that belonging to others

1. **FACT:** **Sensitives** feel emotions from others as intuitions, wordless emotions, self-critical thoughts, physical body sensation

1. **FACT:** **Sensitives** want to fix the world that causes the pain in their bodies because if others didn’t hurt, their own pain would stop.