40 Traits All HSPs and Empaths Share

**Please NOTE: HSP’s and Empaths will be referred to as Sensitives in this document.**

**Before we begin with 40 Traits All HSP’s and Empaths share, it’s important to come to a common understanding of the terms we use every day to describe WHO we are to ourselves and to others. These terms have come into such common use that the original meanings have gotten muddied so that the real meanings are unclear and misunderstood. I hope the next few definitions will help to clear up some misinformation we all accept as fact.**

**Definition** Empath: a person or animal who physically, emotionally, and intuitively feels the emotions, pains, and joys of the people, creatures, and environment around them.

**Definition HSP:** a highly sensitive person is more reactive than 70% of the population to sights, sounds, and smells found in every day life. Their limbic (survival) brain is hyper sensitive and stimulated by vibrational frequencies contained within emotions broadcast by people, animals, weather, and nature. triggering extreme fight, flight, freeze reactions to perceived trauma.

**Definition of an Untrained Sensitive:** an HSP or Empath not trained in how to manage incoming vibrations from others AND equally untrained in how to manage their own outgoing vibrational energy broadcasts to everyone around them.

**Definition of a Trained Sensitive:** an HSP or Empath who has learned how to use and repair inborn, DNA encoded, vibrational protection they are born with so they are wordlessly communicating personal boundaries and choosing to stop unconsciously absorbing all random and directed damaging energy from their environment. .

**Benefit of being a Sensitive:**  using the gift of intuitive feeling that comes from unconscious body sensation to anticipate and manage needs of self and others in positive, meaningful ways

**Downside of being a Sensitive:**  getting lost and confused in a sea of need, pain, fear, anxiety bombarding them 24/7. The downside is being unable to differentiate between what is ours and what is not. We tend to own it all because we feel it all.

# 40 Habits ALL Empaths Share:

**What we intuitively do!**

1. Sensitives know what they know without knowing how they know it.
2. Sensitives act on what they know they know intuitively

3. Trained Sensitives choose strategies based on understanding what their physical body tells them is about to happen, so they can better control their own responses in a healthy way with a more positive, healthy outcome.

4. Sensitives experience intensified reactions to smells, sounds, touch, light, tastes.

5. Sensitives often feel like they are the only ones in the world who are “cursed” with feeling ALL they feel.

**Child Sensitives**

6. Untrained sensitive children often create rich inner worlds and seem disconnected from the real world. This is how they protect themselves from the stress they feel from the adults in their lives.

7. Trained sensitive children know how to integrate their rich inner fantasy world with their real life.

**Sensitives and Stress, Creativity, and their Bodies**

8. Untrained Sensitives are often exhausted by being around others in stressful situations.

9. Trained Sensitives are excited being part of a group of like-minded empowered people.

10. Sensitives are often creative thinkers with an imaginative flair, artistic abilities, able to reproduce their feelings through words, thought, deed, or art touching the souls of the people who see, work with, or buy their creations.

11. Sensitives feel physical sensations in their bodies and emotion in their minds which precede intellectual meaning being formed.

12. Sensitives anticipate love and conflict using intuitive body talk (butterflies in stomach, pain the neck or elsewhere, tightness in throat, shoulders, etc.) unique to themselves.

13. Sensitives can “feel” future events as a sense of anticipation or dread ‘knowing’ without really knowing that something is going to happen.

**Sensitives and Overwhelm**

14. Untrained Sensitives often feel overwhelmed and chaotic unable to control the flood of incoming emotions from their environment – home, work, TV, news shows, movies, road rage, the Mall, large groups of people, etc.

15. Sensitives are frequently misdiagnosed with mental disorders and conditions because it’s difficult to diagnose body talk sensations coming from others.

16. Sensitives suffer more from stress, overwhelm, and illness than others.

17. Sensitives who know how to use their gifts are the most emotionally stable and responsible go-to people in their communities.

18. Trained Sensitives successfully manage their own stress in ways that positively and unconsciously reduce the stress environment for themselves and for everyone around them

19. Trained Sensitives deflect and return negative stress coming from others

**Sensitives and Self-Isolation, Influence, Illness**

20. Sensitives either hide from others choosing to protectively isolate themselves, or on the flip-side become the cheerleaders, leaders (positive and negative) that use their ability to influence (psychically ‘nudge’) others into doing their will (salespeople, politicians, world leaders)

21. Trained Sensitives understand how, why, and when to use their ability to energetically influence others

22. Sensitives experience illnesses which defy diagnosis

23. Trained Sensitives filter, block, and return to sender the energetic vibrations of others that could mimic illness in their own body

**Empaths are Natural Protectionists – building emotional walls to isolate themselves from incoming negative, hostile, unhealthy, needy energies**

**Successful Trained In-control Sensitives**

24. Trained Sensitives live fully functioning lives in the real world, doing meaningful work and fulfilling their life purpose

25. Untrained Sensitives become introverts and hermits to block confusing and overwhelming emotions incoming from others

26. Trained Sensitives become leaders and healers creating better lives for themselves and others

27. Trained Sensitives know how to set physical and emotional boundaries for respect that build strong, loving, mutually supportive relationships with life partners

28. All Sensitives build strong relationships in choice of: positive, negative, co-dependent, nurturing by using their intuitive skills of “reading” others’ needs, wants, and desires

**Who is a Sensitive?**

30. Sensitives are excellent doctors, natural healers, alternative medicine providers, emergency service workers such as ambulance personnel, first responders, firefighters

31. Sensitives are lawyers, accountants, and teachers

Who do Untrained Sensitives Attract?

32. Untrained Sensitives attract narcissists and abusers

33. Untrained Sensitives attract bullies

34. Negative Sensitives become powerful bullies

35. All Sensitives anticipate bullies and try to protect others

36. Trained Sensitives read the need in bullies and intuitively ‘know’ how to manage them and protect others

37. Untrained Sensitives suffer in silence, martyrdom, physical and emotional illness

**Sensitives Sense Emotional Vibration In The Air**

38. Sensitives feel the excitement in the air

39. Sensitives feel the fear radiating from others as if it changes the air quality in some way, or is a different than usual heartbeat, or is a taste in their mouth, or makes their skin crawl.

**All Sensitives know the feeling of eyes on your back, prickle of hair on the back of your neck, dry mouth, heart pounding anticipation of the unknown, and the need to flee and hide just before something bad is about to happen.**

40. Trained Sensitives consciously recognize physical sensation, as early warning signals something is about to happen and then sort out where those feelings are coming from, and finally consciously choose how they will manage that incoming needy, hostile, fearful energy in a healthy, supportive way.