# Are ALL HSP Empaths Predictably the Same?

**What Makes Sensitives Similar?**

Is one Sensitive the same as all other Sensitives just because they intuitively read the people around them, and take in ALL the emotional energy coming their way?

**What Makes Sensitives Different?**

NO!  Each Sensitive is uniquely defined by their childhood experiences of being accepted or rejected as a sensitive.

Sensitives are not all cut from the same cloth, nor are they all positive and nurturing all the time.

**Did you know that Empaths come in three emotional flavours?**

Sensitives often confuse people around them by slipping in and out of these flavours depending on the in-the-moment emotional climate.

*The 3 emotional flavours are Positive, Negative, and Invisible.*

Some Sensitive’s life experiences encourage positivity, others who have suffered and endured the pain of being the highly sensitive person in the family naturally fall into negativity, and then there is the invisible Sensitive. This person chooses to wear an energetically protective invisibility cloak, blocking them from all feeling and from being noticed by others.  The invisible Sensitive unconsciously chooses not to feel their own emotions, and/or those of the emotions of those around them. The invisible Sensitive also intuitively choses to block the pain of the world restrict access to their hearts, minds, and bodies.

**Does society expect all Sensitives to be the same?**

Simple answer…

It seems like society expects Sensitives to be gentle, nervous, and unable to protect themselves.  People assume that because Sensitives feel what others feel, that they will be the nurturers sacrificing their health for the good of others.  As the 4 Sensitive personality profiles show there are 4 very distinct categories, each operating independently and uniquely.

**Is there more than one healthy sensitive person personality type?**

Nope!  Sensitives are exactly like all other people.  AND these personality types also, at times, overlap each other.  This means that every empath has one major personality type AND minors in one or two of the other possibilities.

**The four empath personalities are:**

**Leader**

**Nurturer**

**Analyzer**

**Promoter**

**Example:**  *A doctor may be either a nurturer or an analyzer personality. The nurturer in this doctor wants to heal everyone, the analyzer in this doctor is all about the research and data that finds the cure or finds the diagnosis that indicate the correct cure.  That same doctor may be stronger as the researcher and minor in the nurturer.  He may not be a great cheerleader convincing others or getting them excited about following his suggestions (psychic nudge in the right direction) and may not be a great leader (strongly influencing other’s choices and decisions), BUT he may be brilliant at intuiting the correct diagnosis based on what he senses coming from his patient, and from connecting what he knows about the research he does on the patient’s symptoms.*

Using the example above, it should be simple to see which personality you might claim as your own major profile, but which of the others might show up when situations need their help.  Your empowerment comes from knowing which personality types are yours and to exploring how you use them to support your best life.

Knowing how you show up in the world as nurturer, leader, analyzer, or promoter gives you the structure to how you are recognized by others and to learn to see how they “need” you in their lives.

Learning how you show up and how these personalities consciously impact your life is essential to being comfortable with yourself, to feel at ease in your own skin able to manage everything else coming from everyone else.

There is training for this kind of inner work that is both quick and effective in changing how you see yourself, and how others see and interact with you.