

A young man with dark hair and a beard is lying on his back in a field of tall green grass. He is wearing a light green t-shirt with a graphic design. He is holding a small pink flower in his right hand, and his eyes are closed with a peaceful expression. The background is a dense field of green grass.

Highly Sensitive

Coping As a Highly Sensitive Person in Today's World

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Introduction



HSP: Three letters, infinite meanings. If you've heard someone refer to themselves as an HSP, they consider themselves a Highly Sensitive Person.

In all walks of life, you'll come in contact with HSPs. It is not a disease or a disability. It is not an impairment or dysfunction. It is not something that will change the course of someone's life. It's something you should understand because you'll interact with HSPs throughout your life. But it is not something to fear or look down upon. In reality, we're all sensitive in some way or another—some people are simply more sensitive than others.

A Highly Sensitive Person is someone who feels and experiences the world on a deeper level than most people. This kind of person is someone who may hear sounds louder, feel sad easily, or empathize more than most people. The typical HSP isn't easy to define because it's person-dependent, but we'll go through the basics of the life of someone who is highly

sensitive. We'll also cover key characteristics of highly sensitive people, many issues they face in life, and finally, tips to help HSPs thrive in today's busy, noisy world.

You may be wondering why it's important and why it's worthy of an eBook. Highly sensitive people are part of the world, and chances are, they're part of your world. That's right – you probably know at least one or two highly sensitive people. Who knows? You could be a Highly Sensitive Person without even realizing it.

A lot of people shrink back when they hear the word “sensitive” because of the stigma typically attached to it. We think of someone who cries and whines a lot – someone who is hard to talk to without offending.

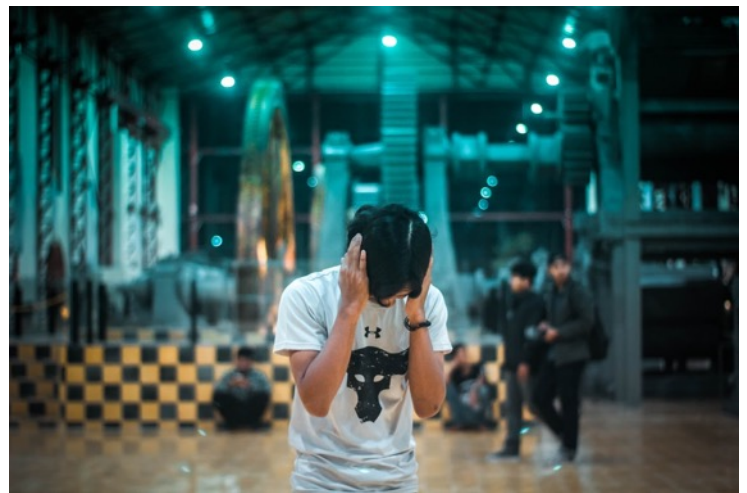
This eBook will disrupt that stereotype and teach you a little bit more about what it really means. Being highly sensitive is not a bad thing at all. It's part of what makes us all unique. Before we get into the details, it's important you should have an idea of exactly what we're talking about when we say, “Highly Sensitive Person,” so let's get started.

What is a Highly Sensitive Person?

When it comes to feelings, the only way to describe HSPs is with a “show, don’t tell” approach. First things first – let’s step through a quick survey to see if you are a Highly Sensitive Person or if you know one:

1. Do you seem to feel things more deeply than most people?
2. Do you get overwhelmed easily?
3. Do you find yourself thinking about your emotions a lot or reflecting on situations well after they happen?
4. Do you get offended often? And do you often worry you might be offending someone else?
5. Do you need alone time to recharge and deal with life?
6. Do you feel like you are an introspective person with a heightened sense of self-awareness?
7. Do you cry about sad movies because you feel attached to the characters?
8. Have you ever felt overwhelmed by a lot of noise or visual stimuli?
9. Is there a part of you that feels like you need to help everyone you meet?
10. When you are in social situations, do you find yourself getting uncomfortable sometimes?

You may not have answered yes to all those questions, but the above questions provide a baseline for evaluating if you are potentially an HSP. An HSP would answer yes to most or all those questions, but it’s not limited to just that criteria. Each HSPs experience their environment differently, but overall, they have difficulty blocking out the data coming through their five senses, as



well as the emotions of people around them.

If you've started to suspect that you are an HSP, you may feel your sensitivity makes everyday experiences challenging. You may choose to stay home more than your friends or family because you can more easily control your surroundings there. You may wish you weren't a Highly Sensitive Person because it takes more effort to be around people all day, like in the office, at the grocery store, or attending large family gatherings.

However, there is good news. Being highly sensitive means you are aware and perceptive. There are great benefits that come with an increased level of sensitivity, and we'll touch on those later in this eBook.

A Highly Sensitive Person experiences things deeply, and similarly, he/she responds to stimuli with heightened sensitivity. Rather than experience something and let it pass, an HSP may respond more drastically. This is indicative of the feelings that they are experiencing internally.

We've mentioned internal and external components of what a Highly Sensitive Person experiences, so before we get too deep into the content, let's break down the differences between these two impacts on HSPs.

External factors like sights, sounds, motion, groups, and others' feelings, affect HSPs more than most people. For example, an HSP may get overwhelmed by a loud, intense environment such as a large party. On a more emotional level, an HSP may witness a couple arguing at a party and deeply feel the anger the couple is experiencing.

Internally, an HSP will experience their environment with greater sensitivity, and therefore, respond with greater intensity. In response to the external effect of a noisy, crowded background, the HSP may need to seek refuge in a quiet place on his or her own. HSPs often report having a difficult time attending concerts, festivals, or going to the mall. If they do go, they often feel the need to leave early because they get overstimulated by everything going on around them. They may feel anxious or jittery or even like their skin is crawling when overstimulated.



These two influences work in conjunction with each other. First, an external force impacts an HSP on a different level than someone else. Next, the HSP reacts internally by feeling or responding intensely.

To put it simply, HSPs feel things more than most people.

Someone who says something like, “I’m feeling a lot right now,” or “I’m in my feelings,” might be an HSP. Similarly, someone who is reading this and is thinking, “That sounds absurd!” probably isn’t an HSP.

HSPs typically love talking and thinking about their feelings. They may have a conversation and ask lots of questions, especially ones about the feelings or perceptions of a situation. These are the types of people who don’t let you get away with a one-word response. They seek meaning and context to your answers because they want to get to the emotional crux of the conversation or situation. They care deeply about people and are always searching to figure out what makes people tick.

The big question: Am I a Highly Sensitive Person? This is one of those subjective questions. You likely won’t be diagnosed as an HSP, nor will you be treated a certain way if you believe you have the qualities of an HSP. With that said, there’s a way for you to find out if you have HSP traits, thanks to psychology.

Approximately 15-20% of the population can be considered HSPs because they have a gene that gives them those qualities. That means approximately 1 in 6 people is an HSP.

Imagine your group of friends or your family or a group of your coworkers. You’re all sitting together, chatting. Chances are, 1 or 2 of those people are highly sensitive. Think about the qualities they each possess. Think about the way they act after long periods of socialization. Think about the conversations they start and the questions they ask.

A lot of people hear the term “sensitive,” and the first thing that pops into the mind is “weak.” News flash – “sensitive” and “weak” aren’t interchangeable terms. You can be someone with a heightened sensitivity, who is still a strong, independent, and self-sufficient person.

A Highly Sensitive Person is defined in many different ways. Here are a few of those definitions:

- “Someone who experiences acute physical, mental, or emotional responses to stimuli.”
- “A person who has a sensitive nervous system is aware of subtleties in his/her surroundings and is more easily overwhelmed when in a highly stimulating environment. “
- “Someone who reacts more intensely to experiences than the average person.”

The definitions could go on and on, because it’s truly dependent on you and your situation. You get the idea. Now let’s move on to look at what daily life looks like for HSPs so that you can figure out what it means to you.

Life as a Highly Sensitive Person



Asking what life is like as an HSP is like asking what life is like as a soccer player, or someone who gets stressed easily, or a CEO of a company. It's like asking what any walk of life is like. It is your differences that make you unique, and understanding others is a big part of life.

There's absolutely nothing wrong or weird or exceptionally different about being a Highly Sensitive Person. It is part of who you are! In fact, these sensitivities

come from the world. Existing in this world means you're constantly exposed to visual, auditory, and tactile stimulation. It means you take in new information daily, and your brain is trying to sort through all of it. This world is filled with sadness and happiness. It surfaces memories when you least expect it, and it brings people into your life who make you feel a certain way.

In other words, sometimes, being a human is hard enough as it is.

To really get perspective on life as a Highly Sensitive Person, take all that stimuli and multiply it by 10. Imagine someone who experiences and feels all those things, but instead of automatically filtering through the stimuli, this person internalizes all of it. So now you have someone who is already going through the motions of being a human, and this person is taking on a whole lot more.

Here's a short list of examples of sensitivities HSPs might experience:

- Unable to stay more than a few minutes in a candle shop with all the strong scents overwhelming them.

- Unable to go to a sports bar where there's music blaring and fifteen TV screens, all showing different events, while people loudly cheer on their teams.
- Unable to avoid anxiety when shopping in a crowded store with narrow aisles and pop music playing in the background.
- Unable to wear certain types of fabrics because they feel strange or scratchy on their skin.
- Unable to wear loud or colorful clothing, especially shirts, which they can see in their peripheral vision all day.
- Unable to watch horror movies or TV shows with gratuitous violence, especially towards the innocent, such as children, the elderly, or animals.
- Unable to watch the news or read certain sections of the newspaper because of the high intensity of worrying information about world conflicts, etc.
- Unable to watch sad movies without crying as though the situation were happening to them.

A Highly Sensitive Person may hear this and think, "That sounds just like me! I feel that way all the time." Similarly, someone who isn't as sensitive may say, "Wow, that sounds terrible. I'm glad I'm not like that."

There are two ways of looking at it, so we'll go through both sides. There are tons of advantages and benefits of the HSP life. The world needs sensitive, empathetic, insightful people – and that includes the HSPs out there. It's another story if it's holding you back from your daily life or holding you back from your goals. That's why it's important to be in tune with an HSP lifestyle to make sure it's healthy, and everything is kept in moderation.

It's hard to generalize the portrait of an HSP, so daily life looks different for everyone. HSPs are important people in our world, here's why:

1. Highly sensitive people feel more than the average person, as you know. So this means they typically find great joy in the little things. They don't need big occasions or

elaborate gifts to make them happy. Something as simple as taking a bath or looking at the stars could bring great happiness to a typical HSP.

2. HSPs think deeply. What may seem surface level to most could be really deep and intriguing to a Highly Sensitive Person. These types of people typically excel at writing, making connections, and studying humanities.
3. They're not just sensitive to negative emotions and experiences. HSPs also feel extreme bouts of happiness in extreme ways. These are the types of people who grin when their feet touch the ocean – they host a child-like joy that comes out when they're sensing and experiencing happiness to the max.
4. Sensitivity extends to physical sensations, which is a perk of being an HSP because these people feel things with more intensity on a physical level. Think about the feeling you get when you put on a soft shirt. It's great, right? An HSP would feel that more intensely and with even more pleasure.
5. Your average HSP may not be a "people person," but instead, a "people perceiver." HSPs have a heightened understanding of how people work, and they tend to be great judges of character. They have a relentless attention to detail, so they usually can read people well.
6. A sensitive mind means any mind-altering substances will have a great effect. HSPs usually don't need a lot of coffee to stay alert; similarly, it doesn't take much alcohol for an HSP to feel the effect.
7. HSPs find meaning in most things – sometimes in everything! Growing up, these are the kids who excel in literature classes and write poems with no problem. As adults, these are the types of people who take part in book clubs and have riveting discussions rather than surface-level conversations. In some ways, the average HSP will live a more

enriching, meaningful life because of the way they interpret everything. They look at the world as a chance to find meaning and expand on their knowledge.

8. Most highly sensitive people are known for having a strong sense of self-awareness. This proves beneficial in many facets of life – work, relationships, and friendships, to name a few. An HSP will take feedback as an opportunity for introspection and growth.



When you wonder what “daily life” looks like for an HSP, those are some of the wonderful things that come along with having a heightened sensitivity throughout life. As you can see, life looks a little different from the vantage point of an HSP, and these benefits prove that it’s all about the way you look at it. Good or bad? That’s up to you.

With that said, it’s important to understand some of the potential struggles that an HSP might face. Whether you are an HSP or you know someone who is, some aspects of life are made more difficult when your sensitivity is more intense than it is for others.

Not all HSPs face all these challenges, just like not, all these challenges are present every day of an HSP’s life. See if any of these difficulties sound familiar to you:

1. HSPs are known for overthinking. Overthinking has its pros and cons. One of the major disadvantages of overthinking is that it becomes a vicious cycle and has the potential to induce anxiety. When you find yourself overthinking every little detail to the point of distraction from the present moment, you may be experiencing sensory overload – which is a telltale sign that you could be an HSP.
2. HSPs feel a lot of things all on their own, but they also take on other people’s baggage. HSPs often double up as therapists because they’re invested in the lives of others, so

much so that they end up picking up those emotions. It's one thing to be a good listener, but when it becomes detrimental to your wellbeing, it's time to ease off.

3. Highly sensitive people are extremely empathetic and take great care not to hurt other people's feelings. Unfortunately, not everyone in the world is that caring. Insensitive people often step on HSPs, and it could result in vulnerability, insecurity, and tears from the sensitive person and little remorse from the offender.
4. Someone who says, "I don't watch the news because it makes me sad" could be a Highly Sensitive Person. To some extent, this interferes with someone's daily life, and while it isn't the worst thing in the world, it's something that HSPs really struggle with. There's no way to shield an HSP from the "real world," which can sometimes be scary and dangerous. The best way to cope with this is to recognize it and understand that an HSP may be in a funk immediately following the release of sad news.
5. Bad moods happen to everyone – not just HSPs. Here's the difference: An HSP will pick up on other people's moods. If a group of friends is spending time together and 1 or 2 of the friends are in bad moods, chances are, the HSP of the group will change their mood to match them, without being aware that it's happening or why they suddenly feel irritated or frustrated.
6. HSPs are big-time helpers. They see a need for help, and their inner Good Samaritan is unleashed. Someone would hear this and think, "Well that's a benefit of being an HSP!" As the trope goes, it's a blessing and a curse. Although it's great to be a helper, it's a burden at times. It's impossible to help every single person you meet, but in the eyes of an HSP, it's an exciting challenge. HSPs must learn the tricky balance of deciding who (and how) they will help, which can be discouraging when they realize they can't help everyone in the world.
7. Sensitivity and anxiety tend to go hand in hand, which means HSPs' sensitivities often manifest in anxiety. For example, some highly sensitive people may be anxious about what other people say about them behind their backs. The root of this worry comes

from the sensitivity about who they are. Anxiety can also be caused by too much external stimulation, such as loud music playing or strong scents, even pleasant ones. If they can't get out of the situation before they become overwhelmed, they may start feeling anxious or have an anxiety attack in severe situations.

8. Because HSPs react sensitively to stimuli, they often grow exhausted from the sensory overload. If an HSP goes to a concert with ultra-bright, flashing lights and extremely loud music, they may need to take breaks to get away from the stimuli for a while. Similarly, HSPs are likely to get overwhelmed at malls. A day full of shopping includes screaming children, lots of things to look at, and people bumping into you, not to mention all the emotions swirling around. For an HSP, that's the epitome of stimuli overload.

All these signs (and more) can be summed up into one simple idea: HSPs get overwhelmed and emotional more often than most. They can be overwhelmed by a variety of things – physical, mental, emotional, or all three. In a nutshell, the idea is that they experience it more intensely, and that can be exhausting.

These experiences have the propensity to become challenges, which is why, as an HSP, it's important to recognize your particular triggers and find ways to deal with them in healthy ways. If you were born a Highly Sensitive Person, there's no changing that. However, you can decide to see your sensitivity as a positive thing that can help you engage with the world in ways others can't. After all, everyone has quirks, and it's up to each of us to decide how we view them.

While you're realizing who you are and what makes you unique as a person, there are certain ways to cope with the challenges that come along with HSP's sensitivity. We'll step through those with you so that you don't feel alone with your challenges.

Coping Skills for the HSP



There are plenty of ways to learn to cope with your sensitivities and focus on the positives of being an HSP. The important thing is for you to discover ones that work for you. You may not be sensitive to smells but may easily pick up on others' emotions and assume they are your own. Or you may not internalize other people's feels as much as you can't stand to be around loud, repetitive music or wear synthetic fabrics.

Rather than dole out a laundry list of things you already know, we'll touch on specific aspects of your life where your HSP qualities may shine through a little more than others. It's helpful to be able to home in on one facet of your life and learn how your sensitivity can be capitalized upon as well as how to deal with the not-so-great effects of

being a Highly Sensitive Person. We'll break up these categories by parenting, social situations, work, and romantic relationships.

Parenting

It's hard to watch over someone else when you're going through your own stuff. As a parent, you're in charge of your destiny and the destiny of your kiddos. If you're prone to getting overwhelmed or you feel your emotions easily, you'll want to figure out a good way to balance your feelings with the feelings of your family.

So how do you balance your life, your mind, and your kids? HSPs can be great parents – they've got the empathy to understand what their kids are going through at every stage of life.

The key is you need to have a plan and stay in tune with yourself. Here are some tips to keep in mind:

Take a Break When You Need to

Plan out a designated time for you to give yourself a “me day.” It’s a good way to get in touch with yourself, your emotions, and your feelings. As a parent, it’s easy to get caught up in the daily routine of caring for your kids and prioritizing them.

HSPs need to take time to do something for themselves. It could be something simple, like reading a book for a few hours or going to a new restaurant by yourself. The point is for you to set aside time to check in with yourself.

Recharge with Your Kids

If you get overwhelmed easily, chances are your kids have a tendency to overwhelm you. Between toys, games, and all of their energy, it’s hard to find quiet time. The “quiet time” rule doesn’t always work. Kids hear those words, and they immediately think they’re being punished or that their fun stops as soon as they commit to a period of silence.



Encourage your kids to think of it differently – as recharge time. Some parents call it “room time,” but you can call it whatever you’d like. Use it as a time to teach your kids the importance of taking time to be by yourself and recharge so that you can use the rest of your energy for fun things. It’s a great way to teach your kids mindfulness or meditation. Have them read a book or play solo games. In this time, it’s equally important that you recharge. It gives you a much-needed break in the day, and when you’re done recharging, you’ll be able to be with your kids with more ease.

Establish Speaking Rules

This piece of advice may sound crazy, but it works. HSPs are typically sensitive to loud noises, lots of commotion, and feeling overpowered. If your kids run all over you and talk loudly with no breaks, you'll likely get pretty overwhelmed.

Before it escalates, establish a rule. Make sure everyone takes turns when speaking at the dinner table. Designate a "story time" hour in the day so that your kids can get all their crazy stories out of their system. Have a talking stick. Whatever it is that works for you, it should be something that encourages lively conversation at the right time, rather than all the time – which can be extremely overwhelming.

Talk About Feelings

You're in touch with your emotions and experiences, so there's a chance your kids might be similar. Even if they aren't, it's a good idea to set aside time to check in on your family. Talk about your emotions and see how everyone is doing. The benefits are two-fold: It allows you to check-in with your kids and make sure everything is going well, and it gives you a chance to talk about your feelings. For an HSP, that means you've hit the jackpot!

Social Situations



HSPs are sometimes mistaken for having extreme social anxiety because they get overwhelmed when they have too much "people time." Hint: If you've ever said you've had too much people time, you may very well be an HSP.

Here's the reality: HSPs can be extroverts or introverts. It's not that HSPs don't like people,

it's that they get overwhelmed when they've been around people for too long. Similarly, if the mood is off, an HSP will pick up on that.

If you're an HSP and you've noticed yourself feeling more anxious about social situations, follow these steps to see if you're able to curb the anxiety:

Accept Who You Are and How You Are

First of all, there's nothing wrong with the way you socialize (or don't socialize). Everyone is different, so don't blame yourself for your social habits. If you don't want to go to a party or you find yourself feeling uncomfortable, remind yourself that it's part of your HSP qualities. Assure yourself that you can work toward being more comfortable but that you are perfectly fine just the way you are.

Pick Out What Makes You Feel Comfortable and What Doesn't

Sometimes we find ourselves in a friendship or relationship that brings us more angst than joy. Set aside some time to make sure you are in friendships that uplift you and bring out the best in you. Spend more time with these people, and if you're comfortable with them, consider opening up to them about your sensitivity and how it sometimes impacts your social habits.

On the flip side, think about the friendships or social circles that cause you anxiety. You shouldn't dread seeing a group of friends because they make you feel bad about yourself. If you do have some friendships that seem to bring out the worst in you, it's a good idea to pare down the amount of time you spend with them.

Come up With a Phrase

You've tried everything, but you still feel a little uncomfortable or overwhelmed about a social situation. Beforehand, come up with a phrase that you'll repeat to yourself when you need to. For example, "It's okay, I'm just overwhelmed," or "I'm feeling a lot, but it's okay."

This phrase should do two things: Reassure you that it's okay and reaffirm that it's part of who you are. This feeling isn't foreign to you. You feel it often, so it will be okay in the end. That doesn't change the fact that social situations may unlock a floodgate of emotions for you, but it teaches you how to deal with it better.

Work

Highly sensitive people feel everything extra when they are at work. You're dealing with people, managers, deadlines, stress, and the usual day-to-day responsibilities. Add on top of that the fact that you're more prone to anxiety than most – it's a recipe for disaster sometimes!

Don't let it become a disaster, though. It's easy to let things spiral, but the best thing to do is to zoom out and remind yourself that you are at work. Things will naturally feel more intense, but it is okay. If you find yourself getting overwhelmed, run through these tips in your mind to bring yourself ease:



Refrain from Gossip

Work drama is inevitable. We all face it, regardless of the office environment. Instead of trying to avoid it, try to face it maturely and responsibly by deciding not to engage with it.

When you get involved in something like work drama, you add one more unnecessary stimulant to your life – and it's not a fun one.

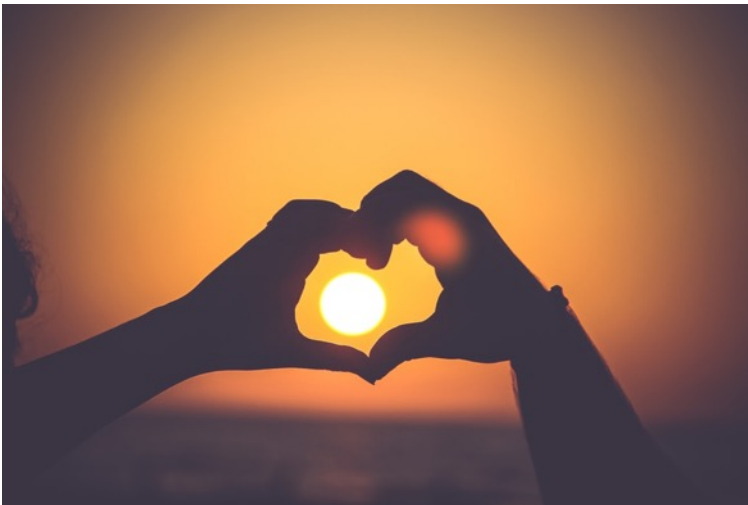
Embrace your Differences

You may operate differently from your coworkers. You may need to take a walk to decompress, or you may need to sit alone for your lunch break. HSPs are known for getting overwhelmed from too much time spent with other people, and if you fall into that category, embrace it as part of who you are. Take that walk during a break. Eat lunch in your car. Being alone and in a quiet, calming environment can help reset your overstimulated nervous system.

Talk to Human Resources if Needed

This may be more of a last resort if your HSP qualities really begin to interfere with your productivity levels, but it is an option for you nonetheless! The Human Resources department is there to talk through things with the employees. If you feel like you're excessively overwhelmed or stressed and you can pinpoint your sensitivity as the culprit, have a discussion with the Human Resources department.

Romantic Relationships



We've touched on parenting, social situations, and work environments, but one big area of life remains – romantic relationships. When you're in the dating world, it's unlikely that you'll bring up the fact that you're a Highly Sensitive Person. It's not always easy to find a natural way to break that into the conversation, and there's no need to at the beginning of a relationship!

Some HSPs have a difficult time in early dating stages because they're labeled as overly emotional. In reality, you're just being you. There are plenty of ways to deal with this and still form a healthy, functional relationship. It takes an ounce of humility and a lot of communication. If you find yourself on this track, start here:

Recognize the Good

As an HSP, you're far more likely to be in tune with your partner's needs. You make for an excellent significant other because you empathize, understand, and express concern more than the average person.

Recognize this, and don't let it escape your mind. Sometimes you may feel like you're shedding tears or getting worked up more often than your partner – and that's okay! There's a great side to that, and that is the side of you that is caring and attentive to your partner's needs. If you're just dipping your toes into the dating pool, there's no need to verbalize this upfront. You don't want to come to a first date with a biography of your emotional history. Saying something like, "I'm an HSP, and I'll be attentive to your needs" isn't necessary. Instead, let things play out.

If you're an HSP who is already in a relationship, the advice changes directions. The basic gist is the same – as an HSP, you'll want to empower yourself and be proud of your qualities. Instead of focusing on what makes you *you*, it's more about what you bring to the table as a partner. There are a few things to keep in mind when you're at this stage of life, so here are a few to consider:

Learn When to Separate Your Needs from Your Partner's Needs

As an HSP, you're likely to take on the emotional baggage of everyone around you. While it's great to know that you're emotionally aware, it can be draining at times. Have a conversation with your partner about this and let them know that there should be a line of separation between your different emotions and needs.

You can be there for your loved one, but if it becomes too much of a burden and you find that you're internalizing too much of their troubles, have a chat to even things out. A healthy relationship is one of balance. You will be able to work something out so that you're not carrying the brunt of the emotional duties.

Take a Break When You Need to

Unfortunately, lots of people get wrapped up in the love component of a relationship that they begin to lose their identity. If you're pushing aside your passions and hobbies for someone else, this is a red flag. The same goes for quality time with friends and family – don't put your significant other before your life. Your time and your partner's time can coexist, but it takes work sometimes.

When you need to take a break from your time together, communicate that with your special someone. You're prone to getting overwhelmed from too much time with someone, so it's natural for you to crave alone time. Don't penalize yourself for that. It's part of who you are. Let them see your whole self, HSP qualities, and all.

Embrace Honesty

Everyone vows to be honest in a relationship, but when a contentious topic comes up, honesty goes out the window, and it's all about tiptoeing around each other's feelings. That's normal because you care about your loved one. You don't want to offend them.

Similarly, your significant other doesn't want to offend you, especially if you're inclined to feel things on a more sensitive, deeper level. Use this as an opportunity to grow as an individual and embrace who you are. Be honest with your partner and ask that your partner is honest with you.



At first, it may cue tears. But it's a learning opportunity for you and your other half to work through together. In the end, it makes you stronger as a couple.

Communicate Openly

This goes without being said, but it's often forgotten in relationships. If you feel and experience things more deeply than your partner does, you need to understand that you're not always going to be on the same page. That doesn't mean it's the end of the world, but it does necessitate a door into open communication between the two of you.

Don't view it as being overly sensitive or demanding. You're simply communicating how you perceive the world. In the long run, it will help your partner. He/she cares about you, which means every piece of you needs to be communicated in an honest and open way. Don't be afraid to get vulnerable – it's not a bad thing, it's about being unapologetically true to who you are!

Conclusion



If you are an HSP, you're probably feeling a little overstimulated just by reading all of that. It's a lot of text to take in, so don't worry.

Actually, it's a great opportunity for you to exercise your self-awareness and practice your newly acquired tips on living as an HSP. To recap, it can be a gift rather than a struggle. Being an HSP isn't a bad thing. It's simply a way to identify someone who feels and experiences the world with greater intensity than most. If you are an HSP or you know someone who is, understand that it's a part of you. It's not debilitating, nor is it a lifelong struggle. You can pick

out the positive aspects of your sensitivity and learn how to deal with the not-so-great aspects.

When you work on coping with the challenges that stem from your sensitivity, take it easy on yourself. Don't crowd your mind with tips and tricks all at once. You're highly sensitive, remember? That would just overwhelm you!

A better approach is to take it day by day. Learn about yourself and expand your sense of self-awareness as you view the daily challenges as learning opportunities rather than struggles.

Whether you're an HSP or you're interested in learning more about this type of person, congratulations on working through this book and taking the time to expand your knowledge about sensitivity and its impact on people around the world.

Go forth and experience the world. At the end of the day, we're all people, so get out there and live!