

Are you Highly Sensitive?

Do any of these resonate with you?

- You feel everything deeply and often have strong emotions.
- Stress at work or in relationships overwhelms you easily.
- When overwhelmed, you withdraw or seek solitude to regroup.
- You have high standards for yourself and can be self-critical.
- Busy places, large crowds, or strong sensory stimuli affect you more than others.
- Changes and decisions, especially under pressure, are challenging.
- You need alone time to decompress after social interactions or busy days.
- Letting go of past events or worries is difficult.
- Feelings of worry, anxiety, or emotional exhaustion are common.
- Difficulty falling asleep due to an overactive mind is frequent.

If so, you might be a Highly Sensitive Person (HSP). Being an HSP is completely normal and affects around 15-20% of the population.

What is a Highly Sensitive Person?

Highly Sensitive People (HSPs) have a unique trait called Sensory Processing Sensitivity (SPS). This trait is not a disorder but a natural part of a person's temperament.

The D.O.E.S. framework helps understand HSP characteristics:

- **Depth of Processing:** HSPs process information deeply.
- **Overstimulation:** HSPs are more susceptible to sensory overload.
- **Emotionally Responsive:** HSPs feel emotions deeply and are empathetic.
- **Sensing Subtleties:** HSPs notice subtle details and are sensitive to sensory input.

Common Challenges Faced by HSPs:

- Overwhelm and overstimulation.
- Anxiety, depression, or social anxiety.
- Intense emotions and difficulty with changes.
- Feeling misunderstood or isolated.
- Stress from work or school.
- Perfectionism and setting boundaries.

But being an HSP is also a gift! HSPs tend to be intuitive, empathetic, creative, and quick learners.

Embrace Your Sensitivity

Therapy/coaching for HSPs focuses on:

- Understanding and managing sensitivity.
- Dispelling myths and embracing uniqueness.
- Learning to manage stress and emotions effectively.
- Incorporating mindfulness and nature-based techniques.
- Collaborative treatment approach tailored to individual needs.

Now, I understand you may still have some concerns or questions about therapy and coaching for HSPs...

DOES BEING AN HSP MEAN THAT I'M WEAKER THAN OTHER PEOPLE?

Absolutely not! In fact, given the amount of sensory data you're processing, integrating, and responding to, it actually means you're stronger in many ways. There is a misguided notion in Western cultures that having or showing strong emotions somehow makes a person weak. You may have had people say things to you like, "You're too sensitive", "Just shrug it off", or "Don't be such a cry baby". But being able to sense subtleties that others miss can be a huge advantage, akin to a superpower.

IS HIGH SENSITIVITY THE SAME AS SENSORY PROCESSING DISORDER, AUTISM OR BEING GIFTED?

No. Being a Highly Sensitive Person is not a disorder, it's a completely normal biological trait. It is different from Sensory Processing Disorder (SPD), Autism Spectrum Disorder (ASD) and being gifted. While there may appear to be some similarities on the surface, research on the brain shows very different underlying neurological processes.

IF BEING AN HSP IS SO COMMON, WHY HAVEN'T I HEARD ABOUT IT UNTIL NOW?

The term HSP was originally coined by Dr. Elaine Aron, a psychologist, in her 1996 book *The Highly Sensitive Person*. Since then, research on HSPs has drastically increased, but it takes time for such research to reach mainstream culture. Unfortunately, there are still many misconceptions and myths about highly sensitive people, but awareness is growing.

I'M AN EXTROVERT, CAN I STILL BE AN HSP?

Absolutely! Research shows that 30% of all HSPs are extroverts. Being highly sensitive and being extroverted aren't mutually exclusive. Extroverted HSPs will often need decompression time after social interactions, despite also feeling energized by them. This is completely normal, and I can help you balance the needs of being both extroverted and highly sensitive.

You can take a self-test to determine if you are a Highly Sensitive Person (HSP) by visiting this link: <https://hsperson.com/test/highly-sensitive-test/>.

Ready to embrace your sensitivity and unlock your potential? Contact me to explore your options.