



# 3 Signs

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## That Your Sensitivity is Working AGAINST You

1. After a conversation with a difficult person in your life, you feel almost hungover. You're suddenly very tired or depressed and need time to recuperate.
  2. When you hear news of tragic world events you become so distraught that you are unable to function for a while. You may cry for an extended period of time and/or totally close yourself off from the world, or suddenly become sick.
  3. Someone close to you is suffering. You either, A) go above & beyond to help them, utterly depleting your resources of money, time and/or energy, or B) avoid getting too involved, perhaps avoid even talking to them, but you obsessively think about them & silently suffer with them.
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Could you relate to any or all of those signs?

Take a deep breath. You probably already knew you were highly sensitive, or empathic, but it may be new to think of it in terms of your sensitivity working against you... as if there is any other way for it to work.

All too often we consider our sensitivities to be a curse, instead of the blessing that they CAN be. Yes, you read that right! Your sensitivity can actually WORK FOR YOU, instead of against you. Being sensitive can make your life BETTER.

Here are 3 tips to do exactly that!

- **Define your energetic space.**

Pay attention to how you feel & your own energy level before entering a space or taking a call from someone.

- **Shake It Off!**

Literally. When you sense a feeling or vibe you know isn't yours, move your body to avoid getting "stuck" with it.

- **Use the Rule of ONE.**

Feeling called to help? Channel that compassion in 1 way; put your heart into it, but only focus on 1 thing you can do.

