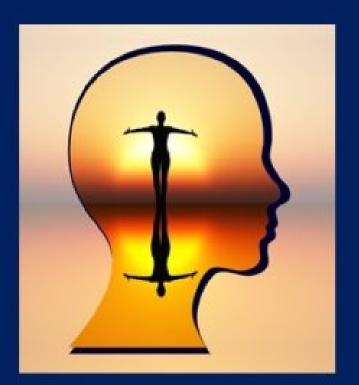
BASED ON 20 YEARS OF PROFESSIONAL COACHING EXPERIENCE

Are You Highly Sensitive? How to Gain Immunity, Peace, and Self-Mastery!





Also by Preston C. Ni

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"Don't wait for things to change around you... You have to practice liberating yourself."

— Thich Nhat Hanh

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Introduction

Are you a highly sensitive person? High sensitivity can be defined as acute physical, mental, and emotional responses to external (social, environmental) or internal (intra-personal) triggers. A highly sensitive person may be an introvert, an extrovert, or a combination of both.

While there are many positive qualities to being sensitive, such as empathy and intuitiveness, in this book we will focus on aspects of high sensitivity which adversely affect one's happiness and well-being. Highly sensitive individuals often "feel too much" and "feel too deep". You may be frequently triggered by many stressors in life, and feel on-edge, ill-at-ease, or overwhelmed.

The good news is that you can manage your experience, and gain greater peace, solidity, and self-mastery by deploying emotional and environmental leveraging techniques, to smartly calm and alleviate over-stimulation. These tools are empowering habits, which can replace your old and negative patterns.

Please keep two points in mind as you read this material:

First, the more you practice the skills listed in this book, the more you can gain immunity from oversensitivity. Like weight training, repetition of proper skills will build both your strength and confidence.

Second, this book is intended for readers who, despite some challenges, are generally doing okay in life. In cases of severe mental or emotional distress, seek medical and mental health professionals for help.

Going through life with heightened sensitivity is often not easy. At the same time, there are many ways you can take charge. From a communication perspective, the resources offered in this book may show you how.

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PART I:

How to Reduce Emotional Sensitivity

In the first part of this book we will explore a wide range of "Emotional Leverage" strategies, to help reduce or eliminate high sensitivity in specific scenarios. Depending on your personality, your preference, and the situation at hand, some of tips may work better for you than others. Simply utilize any one or combination of ideas that works, and leave the rest.

Twenty-Four Signs of a Highly Sensitive Person

In this section we will go-over some key signs of a highly sensitive person.* These traits, identified in the form of assessment questions, are organized into three categories: Sensitivity About Oneself, Sensitivity About Others, and Sensitivity About One's Environment.

While many people may experience some of these signs from time to time, a highly sensitive person will likely feel them more frequently, and process (or over-process) them more deeply. Some individuals may be highly sensitive to just one or two stimuli, while others may be strongly affected by more on the list.

Category One: Sensitivity About Oneself

1. Do you often have difficulty letting go of negative thoughts and emotions?

*As noted in the introduction, although there are many positive attributes to being a sensitive individual, this book will focus, from a communication perspective, on aspects of high sensitivity which adversely affect one's happiness and wellbeing.

2. Do you frequently feel physical symptoms (i.e. stress or headache) when something unpleasant happens during your day?

3. Do you often have bad days that affect your eating and/or sleeping habits in an unhealthy way, such as eating or sleeping too much or too little?

4. Do you experience tension or anxiety often?

5. Do you tend to "beat yourself up" when falling short of your own expectations?

6. Are you afraid of rejection, even in relatively minor situations?

7. Do you compare yourself with others often (in physical, relational, social, work, financial, or other scenarios), and experience unhappy feelings from negative social comparison?

8. Do you often feel anger or resentment about situations in your life or in society which you find unjust, aggravating or simply annoying, and allow them to affect your day?

Category Two: Sensitivity About Others

9. Do you often think about/worry about what others think of you?

10. Do you tend to take things personally?

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