

The Highly Sensitive Person

How to deal with emotions day after day

Contents

Introduction.....	4
Chapter I - What is high sensitivity ?.....	6
Major characteristics of high sensitivity.....	6
Side effects of high sensitivity.....	12
High sensitivity and difficult childhood.....	13
Taking our place as a sensitive person.....	15
Chapter II - High sensitivity and Relationships.....	19
Feeling different.....	19
Envy and jealousy.....	20
The crab basket mentality.....	21
Jante's law.....	22
Survivor syndrome.....	23
Managing daily life.....	23
Defining our limits.....	24
Learn to say no.....	25
You don't always have to be happy!.....	26
Tribalism.....	27
Love relationships.....	27
Chapter III - High sensitivity and Professional Life.....	33
Living together.....	33
Living with colleagues and hierarchy.....	34
A suitable workplace.....	35
Should we talk about our high sensitivity at work?.....	37
What is the ideal job for a high sensitive person ?.....	38
The self-entrepreneur status.....	40
Chapter IV - Living better with your high sensitivity.....	43
Letting go.....	43
Having faith.....	43
Recognize potential addictions.....	44

Express your creativity.....	45
Cutting yourself off from social networks.....	45
Reconnect with nature.....	46
Adopt a healthy lifestyle.....	47
Learn to say no.....	48
Thank you	49

Introduction

I discovered my high sensitivity very late, I was already forty years old.

The day I understood this face of my personality, everything changed. As Fabrice Midal (a french philosopher and writer high sensitive himself) says¹: there is a before and an after...

Since this discovery, my benevolence towards myself has suddenly awakened. Until now, I was always judging myself too much or not enough as it should be... Always feeling guilty and sometimes ashamed...

For more than twenty years, I thought I was depressed when I was simply a vibrant, a passionate person full of emotions and empathy...

At the age of ten, I was already wondering what my role on Earth was, I was wondering what I was supposed to do with my life. I'm not talking about traditional questions related to studies and jobs, no, it's more about a metaphysical, existential thinking. No one in my family and friends seemed to understand what I wanted to express, to share. Their faces seemed to say : "What are you talking about ? Solitude....

Very quickly, I felt out of the box and my single strategy was to make myself very small, non-existent, a wax baby doll. Not to bother anyone, to be accepted and developing a false self. For more than thirty years, I grew up with this feeling of being strange and unsuited to the world and to the people around me.

It's only after reading a lot of books, following personal development trainings and with the help of therapists that I could understand who I really was. I could finally put a name on my pathology: I was a high emotional and sensitive person...

God ! Liberating diagnosis !

¹ Foutez-vous la paix !, F. Midal, Ed. Pocket

No, I was not crazy and no, I was not stupid ! And yes, I was like a tank full of emotions and empathy...

This book is born because I wanted to share my personal experience with you, to help you to make connections with what you are experiencing, put your feelings and frustrations into words, feel less alone and misunderstood, and finally (dare to) reveal your true identity to the world around you.

Following a lot of people, high sensitivity would be a strength and, to be honest, at this time I really don't know if I'm okay with that. But what is true and powerful, is that putting words (high sensitivity) to what I thought was a personality default was very liberating.

With this book, you will learn a lot about sensitivity and how it impacts high sensitive persons. You will be able to make links and connections with the issues you are facing or have faced, and as a result, you will be able to better understand your emotional overflows.

I am confident that you will learn a lot about yourself and I am happy about that because it is by (re)knowing how you work and what are your needs that you will be able to put in place a fulfilling, tailor-made life.

Do not doubt yourself and take your PLACE as you are !.

Life is a show, try to be an actor and not only a spectator.

W. Shakespeare.