



Reframing Your Sensitivities

This exercise helps you to think about your superpowers as exactly that, to change the narrative that society may have passed on!

Current thoughts

Reframe

I am too emotional....

I experience life deeply....

I am weak....

It takes strength to live as an
HSP.....

This image shows a full page of primary-ruled paper. It features multiple sets of horizontal dashed lines spaced evenly down the page, providing a guide for handwriting practice. The lines are black and set against a white background. There are no margins, text, or other markings on the page.[illegible]