



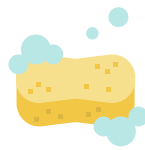
Energetic Boundaries

HSP's have a greater awareness of what is going on in their environment as well as picking up on how others are feeling - this is because we have more active mirror neurons in our brains. This is great for empathy and understanding our world...but not so good if we absorb the energies of others like a sponge!

Signs you may need to strengthen your energetic boundaries...



You take on the energy of others & it affects you negatively



Your emotions change quickly /
unexpectedly



Your emotions don't accurately
match your circumstances



Lose certainty about things you
believed in strongly



You are like a chameleon -
changing your thoughts / views to
match others



You dread certain situations /
contact with certain people as
they deplete you

How I feel about my energetic boundaries....

How I feel about my energetic boundaries....

Energetic Boundaries

- cont



Top Tips



Pause...go into a quiet space if you can...take some calming breaths and say a word or phrase that helps e.g. "not me" or "separate"



Say your own name to assert your sense of self and that you are separate



Ask yourself questions such as "is this me"... "is this my problem" and if not then ask "whose is it?" again creating that separation



Naming the situation - e.g. "The room is filled with tense emotions" or "That meeting provoked a lot of bad feeling"



Imagine a circle of light around you - protecting you and repelling other energies



Name differences between you and the other person - e.g. I am wearing pink, they are wearing green...I have short hair, they have long hair etc.



Engage in your favourite soothing activities or spend time around someone with positive energy



Press your fingertip against a surface - name the sensations - getting awareness back into physical bodily sensations e.g. the desk is hard