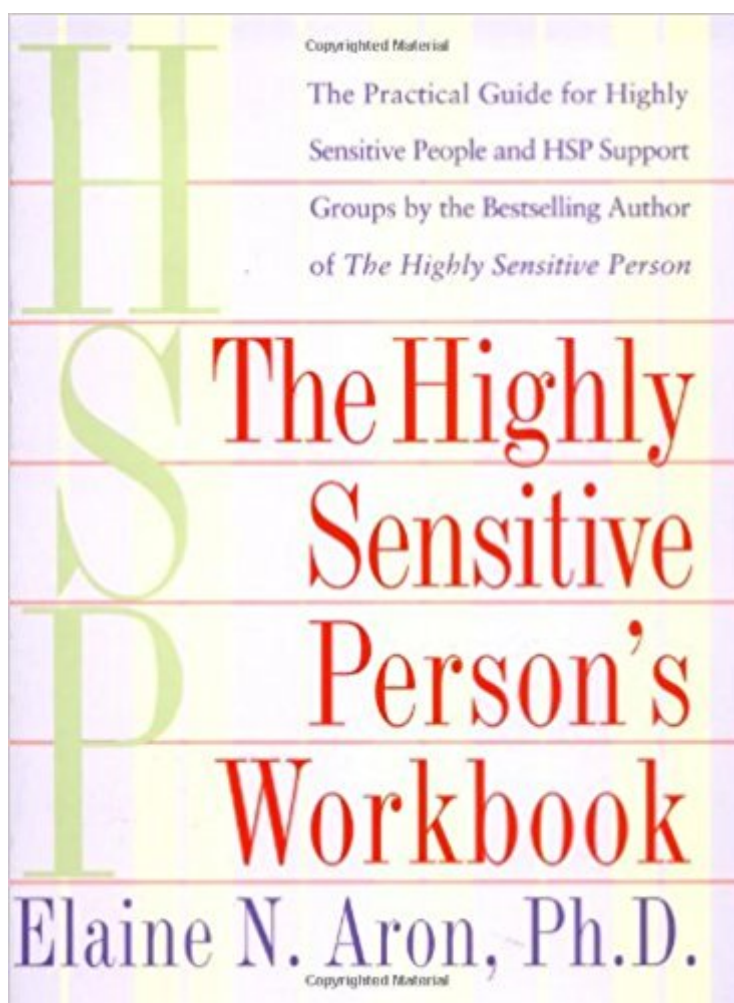


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# The Highly Sensitive Person's Workbook



## Synopsis

Are you a Highly Sensitive Person? If so, this workbook is for you. Do noise and confusion quickly overwhelm you? Do you have a rich inner life and intense dreams? Did parents or teachers call you "too shy" or "too sensitive"? If you answered yes to any of these questions, you may be a Highly Sensitive Person (HSP). High sensitivity is a trait shared by 20 percent of the population, according to Dr. Elaine Aron, a clinical psychologist and workshop leader and the bestselling author of *The Highly Sensitive Person*. The enormous response to her book led Dr. Aron to create *The Highly Sensitive Person's Workbook*, designed to honor that long-ignored, trampled-on part of yourself--your sensitivity. A collection of exercises and activities for both individuals and groups, this workbook will help you identify the HSP trait in yourself, nurture the new, positive self-image you deserve, and create a fuller, richer life. You will be able to:

- Identify your specific sensitivities with self-assessment tests
- Reframe past experiences in a more positive light
- Interpret dreams and relate them to your sensitivity
- Cope with overarousal through relaxation, breathing, and visualization techniques
- Describe your trait in a work interview or to an unsympathetic family member, new friend, doctor, or therapist

## Book Information

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## Customer Reviews

Can 1.2 billion exceptionally nervous nervous systems be wrong? No way, says depth psychologist Elaine Aron, bestselling author of *The Highly Sensitive Person*. An HSP herself, Aron is also the reigning expert on the subject, and this workbook exists to make you a more helpful expert on

yourself. It can be read in conjunction with her more narrative book--the chapter headings match--or without it. "You should use this workbook in any way you darn well please," says Aron in a typical free-yourself comment. So what is an HSP? Aron thinks one-fifth of humanity is born with more finely tuned perceptions than the rest. In primitive times, HSPs were the first to spot the lion lurking in the bush, the last to shoot the arrow--and the likeliest to hit the lion in one shot. Later, HSPs became the tempering priestly advisors to the more aggressive warrior kings. To be an HSP is a challenge and an opportunity, she argues. This book contains self-tests to determine whether you're an HSP, and if so, which kind: introverted, extroverted, sensation seeking, and other plausible categories. Some HSPs yearn for "earlids" to shut out sound, for instance. There are plenty of blanks to fill in as you analyze your childhood, health concerns, work history, and psychic wounds, with plenty of guidance on how to do it--sample entries as intriguing as someone else's diary. If you've ever wished you could go back and retort to somebody who said something hurtful that made you speechless, Aron has the exercise to channel your resentment into insight. She gives a quick course in dream analysis (Freud couldn't outdo her job on a dream about The A-Team's Mr. T and a tiger), and rather boldly invites you to envision and prepare for your death. There's also a practical guide to setting up HSP discussion groups with enough structure to prevent fizzle and poor focus.

"People who want to modify their behavioral styles have to go beyond mere reflection and making resolutions to actually engaging in a set of activities that focus them in new, productive, creative directions.Â Â Aron's workbook does just that through her many tasks, guidelines, and action paths for sensitive people. Get it and do it!"--Philip G. Zimbardo, Ph.D., author of *Shyness*"Highly sensitive people often need help with two goals: developing a deep sense of self-acceptance and becoming more confident in their relationships with other people.Â Â Elaine Aron's enormously helpful new workbook offers a sympathetic and effective program for highly sensitive people to make real progress in pursuit of their goals." --Jonathan Cheek, Ph.D., author of *Conquering Shyness*

This may be the best book I have read in years. Maybe a decade. I was a year and a half into a very stressful job with a bully boss when I found this book -- I'd heard about it for years but thought the title sounded girly and wimpy so I hesitated to read it. I don't like gooey, emotional, sappy stuff. Well guess what... no sap here. Or at least so little sap that a person who doesn't like sappy didn't really notice. Instead I found a smart, astute, science-based book which explained to me why I was slowly dying at my job, why I could not sleep at night, and why I was so stressed at work that I

literally could not stomach my sandwich at lunch but would almost throw it up every day (but I could eat at home) -- I was operating at a level of physical stress which was impossible for a highly sensitive person to sustain, and yet I was somehow sustaining it. (I am very stubborn.) Once I actually looked at myself, looked at my actual situation, stopped blaming myself for being "weak" and "broken" and "not tough enough" and stopped trying to be what I am not, I saw clearly that I was ignoring my physical body's symptoms of extreme stress and hurting myself bad. Reading this was a wake up call at a time in my life when I really needed it, and gave me enough confidence to finally stand up to my impossible to please, bullying, manipulative boss and just quit. I am going back to school and retraining to become a software developer so that I can work in an environment that won't kill me. Not everyone is the same; everyone has different physical tolerances. If you find yourself "too sensitive" etc, give yourself a break. You are not a clone of the extrovert next to you. Pay attention to your body and read this book. IF YOU ARE AN EXTROVERT, PLEASE READ THIS BOOK. If you are NOT highly sensitive, please read this book!!! I wish to God every human being would read this book so people could finally start understanding each other, and society in general would stop hurting those among them who are not built with the same nervous system that the 80% majority of humanity has!!!! This has nothing to do with race boundaries, religion, nationality... this is all about pure genetics and how our species (in fact how over 100 species on this planet) function. It's ground breaking work.

I bought this book after seeing the movie, "Sensitives: The Untold Story!" Changing my entire life! Things I have been attempting to change my entire life were just NORMAL attributes of an HSP!! I cannot thank Elaine enough for writing this book and for the documentary made with a Kick Start campaign! I took her test on line at her site... highly sensitive person test, and answered yes to all the questions! I cover up most lights on my computer, printer, router and such. I have no sounds except the error sound on my computer. Never could watch violent movies, sensitive to bright lights, strong smells, loud sounds. Can feel everyone when walking into a room. If you "think" you might be one, it could change your life reading this book! I think you only need to answer yes to about 14 of the many questions. I totally understood why my parents treated me the way they did. I was overly sensitive to so many things and they did not know what to do about it! They did not know "why"! Same with friends and teachers and my sister!! am a CHANGED person and I Highly Recommend this book to Everyone! Why? Because you might have a friend, partner, child who is highly sensitive and knowing how to treat them, can change both your relationships. It turns out not only are 15 - 20% of humans highly sensitive, so are animals and insects in the same percentages! It is a Natural

Trait and not an illness or disease. Scientists can see it in brain scans and DNA testing. We have been misdiagnosed for decades as being shy, withdrawn, depressed and so on, which is not true. I love, love, loved this book!

I knew I was an introvert and was well aware of the problems that creates in a culture that values extrovert behaviors. But this book helped clarify exactly how to think, feel, and deal with the disconnect. Turns out I'm not "highly sensitive"--just a plain introvert. But I've shared the book with others who have different levels of sensitivity. Very clear and helpful in the author's explanations and illustrations of the spectrum of sensitivity. Good for those who experience high sensitivity and for those who live with them.

I'm still reading this book, but it has already helped me tremendously. I'm not crazy! Omg! So many things I feel and have experienced in my life are described and explained in this book. I'm excited to learn more, and will end up rereading it several times. I already feel better about myself, and realize now that I'm not alone!! I wish I could better put into words how a paragraph or subject seems to be talking about ME...EXACTLY!! If you think you're a HSP, please read this book. I promise, you'll be glad you did!

This book reframed my life!

If you are feeling like you could be, please read this, get it for family members who may be, for friends. Can't say enough good!!

I liked this book a lot because I have always wondered why noises, movements, odors, cruelty to anyone, etc. upset me more than other people I was with and also that I don't like to be around people all the time but need to regroup inside myself.

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