

Worksheet: Embracing My Sensitive Strengths

Use the questions below to explore how sensitivity shows up in your life and where it feels empowering or challenging. You can write in your journal, type directly below, or download a printable version.

How was sensitivity treated or talked about in your childhood?

When do you feel most at peace with your sensitivity?

What parts of your sensitivity do you tend to hide or suppress?

Who in your life supports and affirms your emotional nature?

What would it look like to honour your sensitivity more fully this week?

