

Mini Assignment: Rewriting the Narrative

Let's flip the old script. Below are common statements sensitive people may have heard growing up. Your task is to rewrite each one into a personal affirmation of strength. This helps you rewire how you view your own sensitivity.

What You Heard	Rewrite as Your Truth
"You're too sensitive."	"My sensitivity is my strength and my awareness."
"You overthink too much."	"My reflection helps me make wise, aligned choices."
"You care too much."	"Caring deeply is how I connect and lead with heart."
"You need to be tougher."	"True strength comes from understanding myself fully."

✨ Now Add Your Own:

Your old phrase:

Reframe it as your truth:

Another phrase you want to rewrite?

KYTS

When you're ready, read your new truths aloud. Let them settle. Let them reshape how you see yourself.

