

# Chapter 1 Reflection Worksheet

## Mastering Sensitivity — Deepening Awareness

This worksheet invites you to slow down and reflect on your experience of sensitivity, as introduced in Chapter 1 and explored through the self-reflection assessment. There is no need to answer every question at once. Pause when needed. Write honestly and gently, without trying to analyse or improve anything.

### Part 1: Noticing Your Sensitivity

- As you reflect on the assessment, which areas of sensitivity stood out most clearly for you? Describe what you noticed.
- Were there any statements that felt especially true, familiar, or affirming? What about them resonated with you?
- Did any responses surprise you or challenge how you usually see yourself? What did you learn from that?
- How has sensitivity shown up in your recent daily life—at work, at home, or in relationships?

## Part 2: Understanding Your Inner Experience

- In which situations do you feel emotionally or energetically affected most easily? Describe a recent example.

- What kinds of environments (physical, emotional, or social) help you feel calm, clear, or supported?

- Which environments, interactions, or expectations tend to drain or overwhelm you? How do you usually notice this in your body or mood?

- When you feel emotionally full or overstimulated, what do you naturally want to do?

## Part 3: Balance, Needs, and Boundaries

- Looking at your reflections so far, what does your sensitivity seem to need more of right now (for example: rest, clarity, reassurance, expression, structure, or space)?

- Are there any personal boundaries—internal or external—that feel important to acknowledge or strengthen at this stage of your life?

- How do you usually respond when you ignore your sensitivity for too long? What signals does your body or mind give you?

- What has helped you regain balance in the past when you felt overwhelmed or depleted?

#### ✦ Part 4: Gentle Integration

- What is one small, realistic adjustment you could make in the coming days to honour your sensitivity more consciously?

- How might your experience change if you viewed sensitivity as information rather than a weakness or problem?

- What quality would you like to bring more of into your relationship with yourself (for example: patience, compassion, honesty, steadiness)?

- Write one simple intention you would like to carry forward from this reflection.

*You may return to this worksheet at different times in your life. As your circumstances change, your reflections may change too. There is no final conclusion to reach—only a deeper, kinder understanding of yourself.*