

EMOTIONAL SENSITIVITY

- Do you feel emotions deeply?
- Do you become easily offended or hurt by other people's comments or behaviour?
- Do you find it difficult to shake off people's comments or the subsequent hurt?
- Do you dwell on incidents that others have forgotten?
- Do you take things to heart?
- Are you unable to take criticism?
- Are you vulnerable to depression or mood swings?
- Are you acutely aware of other people's emotions and suffering?



If you answered yes to three or more of the above, then you are likely to have a highly sensitive nature. You may find that you are also:

- Drawn to beauty in all its forms.
- Gifted, artistic, creative or are very attuned to nature.
- Very warm and friendly.
- Feel happiness and love more deeply than others.
- Have heightened psychic, intuitive or spiritual experiences.
- Have a strong sense of empathy and compassion.

Sensitivity can be an innate or genetic disposition as is often seen with gifted or artistic individuals; or it can arise from unresolved issues, stress, parental influence and distorted perceptions. Either way, sensitive people are often looked upon as being melodramatic or attention seeking. But the reality is, that they are neither. Sensitive people react the way they do because they are overwhelmed by the intensity of their emotions. Therefore their 'overreaction' is generally not to the incident itself but rather to the inability to cope with the emotions they are feeling. As a result, they may struggle with their sensitivity, seeing it as a weakness. Highly sensitive people will often question, 'Why is it that I can't let go when others are not affected at all?', 'How can I be less sensitive?'

A sensitive nature is a beautiful and vital element to humanity. Without it, there would be no-one to raise awareness of the plights of others. There would be no-one to care for the sick, poor and elderly; abandoned or abused animals; or to stand up for the health of our environment. It is the compassion of sensitive people that teach us to open our hearts to the world around us.