

"Morning Truth for Tender Hearts"

Friday, May 8

Here are the email excerpts I'll be responding to on Friday, May 8th, during "Morning Truth for Tender Hearts" at 6:30 AM Pacific via Facebook LIVE in the **Sensitive and Strong Sisters** Facebook group (<https://www.facebook.com/groups/SensitiveAndStrongSisters/>)

I feel very conflicted.... Part of me finds security and a sense of well-being when everyone is home together. The other part really misses the quiet moments to myself.

It bothers me that I get annoyed/irritated with other people around! Even though we have a large enough house for us all to have private space- sometimes I want to just think or read, but my husband wants to talk (which is how he processes), and so he just starts going.

While I, 100 percent, am saddened by and therefore praying for each life affected by this virus-I am enjoying having to be sequestered and it not being looked at as "weird". I usually have to force myself to go out-even visiting my loved ones takes so much energy from me that I prefer they come to my home (which they cannot at this time). So, for me-I am not necessarily looking forward to when things return to normal-! I know it might sound selfish, but I do want things to return for normal for all the right reasons, but you did ask what is a "problem" for us-and for me-it is having that "pressure" of being "out and about" etc. and appearing "different" for wanting to be in my home most of the time.

As an HSP with an introverted personality, I'm totally cool with the shelter in place rule. Makes life easier because I don't have to explain to people just how much I like being at home.

What specific aspect of these email excerpts resonates most?

1. Look Up:

2. Notice & Name:

3. Normalize:

4. Neutralize:

5. Make an Intentional Choice:
