

<u>Truth #1</u>	<u>Truth #2a</u>	<u>Truth #2b</u>	<u>Truth #3</u>	<u>Truth #4</u>	<u>Truth #5</u>
HSPs process deeply and need time to process.	HSPs become overstimulated by unlimited sensory input.	HSPs become overwhelmed by internal sensory stimuli — <i>especially</i> when oblivious to them.	HSPs experience their own emotions intensely.	HSPs sense the feelings of others and experience them as their own.	HSPs pick up on the “little things” through their God-given perceptivity.
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					The so-called “little things” often turn out to be the keys to the “big things.”
It is <i>normal</i> for you to immerse yourself in reflective thinking.	It is <i>normal</i> for your body & your brain to become overstimulated by too much sensory input.	It is <i>normal</i> for you to feel overstimulated by sensations generated from within your body— <i>especially</i> when you’re unaware of them.	It is <i>normal</i> for you to feel #AllTheFeels— deeply.	It is <i>normal</i> for you to empathize with other people — <i>automatically, unconsciously, and globally.</i>	It is <i>normal</i> for you to notice nuances that most people miss.
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“Taking” time to ponder is a necessity, <i>not</i> a luxury.	It is <i>normal</i> for “too much sensory input” to mean something different for you than for anyone else.				
God created my mind for deep processing and deliberate consideration.	God created me to work best with curated sensory input.	God created me with this HSP body to listen to, learn from, and care for.	God created me with “emotional vividness” woven into my DNA.	God created me to mirror others' emotions.	God created me with keen insight and intuition.

Key Aspects of Truth #1	Key Aspects of Truth #2a	Key Aspects of Truth #2b	Key Aspects of Truth #3	Key Aspects of Truth #4	Key Aspects of Truth #5
The "dark side" of deep processing = Perfectionism	Visual Sense (sight)	Vestibular Sense (balance)	"hypothetical life" = what <i>might</i> happen	The "dark side" of empathy = People-Pleasing	Many HSPs can switch back and forth between focusing on small details and seeing " the big picture " effortlessly & endlessly.
Rumination Cycle vs. Reflection Cycle	Auditory Sense (sound)	Proprioceptive Sense (location in space)	Reactivity: Trigger → Impulse → Behavior	Boundary-setting protects the HSP gift of empathy	We are quick to recognize others' God-given strengths — often <i>long</i> before they do
The impact of interruptions = a sense of <i>derailment</i>	Olfactory Sense (smell)	Interoceptive Sense (internally generated sensory stimuli)	Response-ability: Trigger → Pause & Pray → Integrity	Narcissists are drawn to HSPs	While we are quick to recognize others' strengths, we are terrible at seeing our own ... many of us are functionally blind to our God-given strengths , thinking and feeling and behaving as if we are nothing but a collection of weaknesses.
	Gustatory Sense (taste)		Goal = "grow the gap" between stimulus & response	Your empathy will lead you to " the need with your name on it "	You are wired by God — at a DNA level — for Servant Leadership
	Tactical Sense (touch)		Feel Wheel = "What I can name I can tame"		