



Episode 194: Manage and Thrive with High Sensitivity

With Dr. Becki Taylor-Smith

Being able to manage energy and set boundaries are important for anyone and everyone. However, this is especially important for people who are highly sensitive. The term “highly sensitive” often connotes a character flaw and even highly sensitive people themselves don’t fully understand it.

If we want to manage and even thrive as a highly sensitive person, we need to first build awareness. Remember, this gift can also be a strength, we just need to learn how to use it.

In this You Are Not a Frog episode, we shed light on what it means to be a highly sensitive person and some tips on how to manage our emotions. To further your understanding and create actionable plans, this workbook will challenge you to assess your patterns, overcome weaknesses, and utilize your high sensitivity.

Podcast Links

[The Highly Sensitive Person: How to Thrive When the World Overwhelms You by Elaine Aron](#)

Check out our [Permission to Thrive CPD membership](#) for doctors!

Find out more about the [Shapes Toolkit Training programme](#)

[Email Rachel](#) or reach her on [LinkedIn](#) or [Twitter](#).

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Guest Links

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Quote to remember:

“To not burn out, you need to be doing something that you're passionate about...that gives you purpose...that you can use your own unique gifts in, so that you can do it for the long term.”

What You Will Learn

Don't you get irritated whenever someone tells you to grow thicker skin and be less sensitive? Yet, even with this irritation we often find ourselves agreeing with them. As highly sensitive people, we're much more conscientious and seek perfection, but we also tend to get affected by emotions and upsetting situations more.

In this activity, you will be tasked to detangle what a highly sensitive person means and assess how you can thrive with this character trait. This is a unique gift. When used well, it can become a superpower in many situations. This workbook tackles the ABC framework and challenges you to reflect on your authenticity, boundaries, and ability to calm down.

Oftentimes, we fool ourselves into thinking we need to live a certain way. Trying to become someone else is tiring, much more as a highly sensitive person. This is why we go back to our values and check whether we're living a life aligned to them. This is also important when setting our boundaries.

Setting boundaries is very difficult when we try to do everything without understanding our energy management. Some situations and even people are more draining than others --- the question now becomes, how do we find a balance?

Finally, being able to calm yourself down in any situation is important. We may say things we don't mean in the heat of the moment and come to regret impulsive decisions. This ability takes time to learn, but when you have a list of go-to routines or action steps, it will become much easier.

This workbook is but a simple first step in being able to thrive as a highly sensitive person. After finishing this workbook, we encourage you to keep on reflecting and making micro-adjustments based on your observations. Here's a tip --- keep a



journal. If you find yourself in a difficult situation or observe that you're ruminating with particular emotions, write them down. It also helps if you create a weekly or monthly review. This practice can help you understand yourself better beyond just answering this workbook.

Activity: Thriving with High Sensitivity

1. **Before listening to the episode, what is your opinion and perspective about high sensitivity and highly sensitive people?** Be honest, do you see this in a positive or negative light?
2. **Why do you think this was your perspective?** What factors do you think contributed to this opinion?
3. **After listening to the episode, how do you now understand high sensitivity and highly sensitive people?**
4. In your own words, **why are energy management and boundary setting important for highly sensitive people?**



5. **Assess your current state.**

In your opinion, do you think you have clear boundaries? Regardless of yes or no, explain how you establish or fail to establish boundaries.

a. **In your opinion, do you think you know how to manage your energy?**
Regardless of yes or no, explain how you manage or fail to manage your energy.

b. **From a scale of 1-10, rate yourself in the following:**

Boundary Setting: _____

Energy Management: _____

c. **Why did you give yourself these rating?**

The ABC Framework

Being able to thrive as a highly sensitive person starts with authenticity. It's only when you understand yourself and your values that you can live a life fully aligned to who you are. When we try to become someone else, it's easy to become frustrated and work ourselves to burnout.

6. **Authenticity**

a. Reflect on past conversations with friends and colleagues, **what is a recurring value or impression they have of you?**



b. Now reflect on past experiences. **Look back to situations where you felt right or wrong, try to describe exactly why you feel this way during those experiences.** The goal of this reflection is to pinpoint the things you value and how your experiences have aligned or not.

c. **Based on your reflections, what do you think are your top 3 values?**

d. **How is your life aligned or not aligned with these values?**

e. **How do you think your life needs to change in order to be more aligned with your values?**

7. Boundaries

a. **List out what typically drains your energy.**



b. Identify what energizes you.

c. On a typical week, do you engage more in activities that drain you or energize you?

d. How do you think you can set better boundaries?

8. Calm

a. Reflect on past experiences that were difficult or upsetting. **What were your immediate actions afterwards and how did you cope?**

b. Do you have routines to help you calm down?



Brainstorm more ways to help you calm down. Note that not all techniques can be used for all situations. For example, taking a weekend off takes proper scheduling and can definitely help calm you down from a stressful week. However, a high-conflict meeting requires you to calm yourself during the meeting itself. Think about several stressful instances and brainstorm how you can combat them.

CPD time claimed:

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