



12 SIGNS THAT YOU COULD BE A HIGHLY SENSITIVE PERSON

- 1 - People call you oversensitive.
- 2 - You feel easily overwhelmed by your senses.
- 3 - Media violence upsets you.
- 4 - You avoid stressful situations.
- 5 - Crowds overwhelm you.
- 6 - You are deeply emotional.
- 7 - You were shy as a younger child.
- 8 - You feel overwhelmed by tasks.
- 9 - You pick up on nuances.
- 10 - You are incredibly sensitive to pain.
- 11 - Others consider you thoughtful.
- 12 - You aim to please others.

KEY INSIGHT FOR PARENTS:

Highly sensitive and strong-willed kids may express themselves through anger.

With a conscious, connected parenting technique that has **empathy** at its core, we provide emotional safety, resilience, confidence, and bring peace back into your home. Visit us at **EmpathiaParenting.com** today to find helpful resources and to connect with Coach Tracey Ohata directly.