

10 Powerful Lessons From The Book The Highly Sensitive Person - How to Thrive When the World Overwhelms You by Elaine N. Aron

- 1. A highly sensitive nervous system affects every 1 in 5 people.**
  - a. This highly sensitive person has a sensitive nervous system, is aware of subtleties in the surroundings, and is more easily overwhelmed when in a stimulating environment.
- 2. If you're overwhelmed by bright lights, loud noises, and crowds then you're likely one of these highly sensitive people.**
- 3. If you're a highly sensitive person with a negative past, you can heal from it by reframing the past as positive and rebuilding your self esteem.**
- 4. Be active in the world but know when it's time to retreat.**
  - a. Too much stimulus can overwhelm a highly sensitive person.
  - b. It's okay to leave the party before everyone else.
- 5. For highly sensitive people reflection, elaboration, and association come more naturally.**
  - a. They even have an intuition for it when it's not done consciously.
  - b. A survival strategy found in 20% of most animal species.
- 6. Being a highly sensitive person is not a flaw.**
  - a. It's a unique skill that you can learn to use.
- 7. Highly sensitive people are not always shy, timid, or introverted.**
  - a. Studies show 30% of them are extroverted.
- 8. Highly sensitive people are creative and productive workers, attentive and thoughtful partners, and intellectually gifted.**
- 9. Your relationship with your parents in childhood impacts your personality and behavior.**
  - a. Reflect to understand what was and wasn't done by your parents.
  - b. Only then can you begin to parent yourself.
- 10. The world needs highly sensitive people but it also needs everyone else.**
  - a. Regardless of your personality, find a role that suits your strengths and lifestyle.