

Highly Sensitive Person



Journal

This Book Belongs To

Daily Planner

DATE _____

S M T W T F S

TODAYS GOALS

○

○

○

○

WATER INTAKE



FRUIT / VEGETABLE



MOOD



TODAYS APPOINTMENT

○

○

○

○

○

○

○

TODAY I AM GRATEFUL FOR

THINGS TO GET DONE TODAY

Weekly Planner

Weekly priorities

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Checklist

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Appointment

Reminder

Monthly Planner

MONTH:

YEAR:

MON	TUE	WED	THU	FRI	SAT	SUN

GOALS

NOTES

Sensory Check-In

Instructions: Spend 10 minutes reflecting on your day and your sensory experiences. Write your answers below:

What did you see today that brought you joy or caught your attention?

Examples: A beautiful sunset, a colorful piece of art, or a kind smile.

What sounds stood out to you?

Examples: A bird singing, music you enjoyed, or laughter.

Were there any smells that made you feel comforted or happy?

**Examples: Freshly brewed coffee, flowers, or a favorite meal.
What physical sensations did you notice today?**

Examples: The warmth of the sun, the texture of soft clothing, or a hug.

How did these sensory experiences impact your mood?

Emotional Tracking

Instructions: Reflect on the emotions you experienced today. Use the questions below to guide your journaling.

What emotions did you feel most strongly today?

Examples: Happiness, anxiety, peace, or frustration.

What triggered these emotions?

How did you respond to these emotions?

What could you do to better understand or manage your emotions in the future?

Daily Gratitude Reflections

Purpose: Find peace and focus on positive experiences.

Three gratitude prompts:

Something I saw/heard today that brought me joy...

A person or moment that made me feel supported...

An accomplishment, big or small, that I'm proud of..

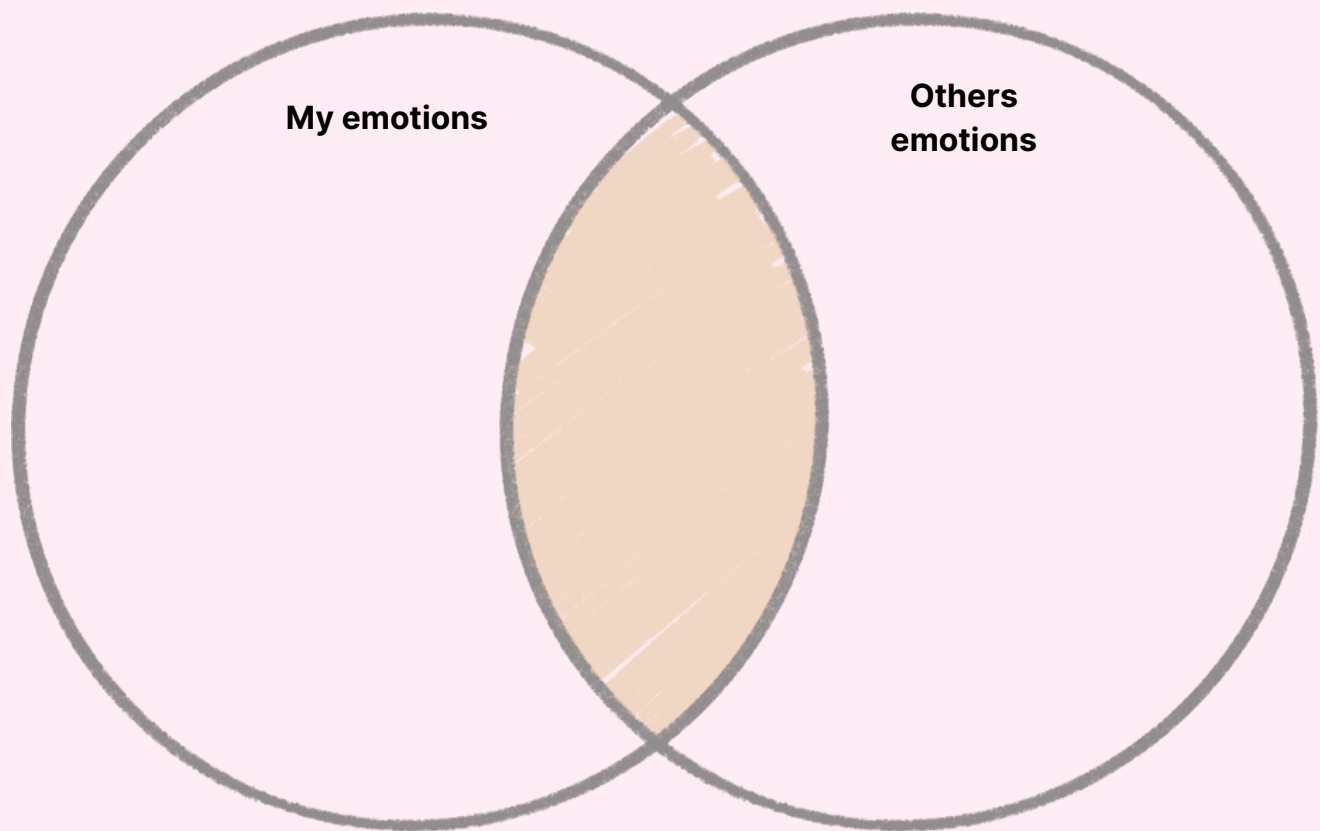


Empathy Mapping Exercise

Instructions: My emotions" vs. "Others' emotions.

Prompts to reflect:

**What emotions do I feel that might belong to others?
How can I let go of emotions that aren't mine?**



My Traumas

TAKE THE TIME TO ACKNOWLEDGE WHAT HAD HAPPENED, HOW IT MADE YOU FEEL IN THE PAST AND HOW IT MAKES YOU FEEL NOW.

[illegible]

My Traumas

USE THE SPACE BELOW TO DRAW YOUR TRAUMAS IF YOU'RE HAVING A HARD TIME DESCRIBING THEM WITH WORDS.

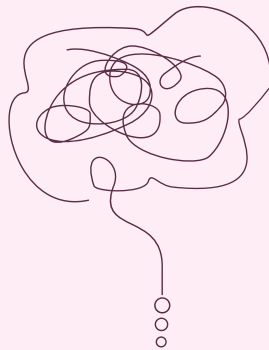


My Highly Sensitive Superpowers

One moment today where my sensitivity helped me...

How I used empathy, creativity, or intuition to make a difference.

Affirmation space: Write an empowering statement about your sensitivity.



Trauma Worksheet

What Am I Traumatized About?

What Can I Do To Overcome It?

My Action Plan

A Promise My Self

Working On Your Triggers

WHAT'D HAPPENED RECENTLY?

WHAT'D HAPPENED IN THE PAST?

HOW DID I FEEL WHEN THE EVENT FIRST HAPPENED IN THE PAST?

HOW AM I FEELING NOW JOURNALING ABOUT IT?

**WHAT I NEEDED IN THE MOMENT THAT I DIDN'T
GET OR DO?**

WHAT SELF CARE ACTIVITIES CAN I ENGAGE IN TO SELF SOOTHE?

Examples: try a meditation class, take a relaxing hot bath, get a mani/pedicure, etc.

Trigger Processing

DESCRIBE WHAT'D HAPPENED

**WHAT MENTAL, VERBAL OR PHYSICAL RESPONSE
OCCURRED?**

WHY DID YOU RESPOND THE WAY YOU DID?

WHAT EMOTIONS DID YOU FEEL?

**BREAK DOWN THE COMMENT, ACT, OR EXPERIENCE THAT
TRIGGERED YOU**

Working on patterns

**WHAT PATTERNS DO YOU SEE REPEATING
THEMSELVES IN YOUR LIFE?**

**HOW HAD THESE PATTERNS AFFECTED YOU AND/OR
PEOPLE AROUND YOU?**

**WHICH PATTERNS DID YOU PICK UP FROM
YOUR CAREGIVERS?**

**WHAT ACTIONS CAN YOU TAKE
TO BREAK THESE PATTERNS?**

Learn to respond not react

Reactions tend to go like this: An event happens.

You panic. Then you proceed.

Responses tend to go like this: An event happens.

You Pause. You Process. You Plan. Then you proceed.

**STEP 1
BECOME AWARE THAT
YOUR THOUGHTS ARE
NOT YOU**

**Observe your thoughts in the moment.
Take a step back to create a mental space
between you and your thoughts.
Acknowledge all the thoughts that surface
up but become aware that your thoughts
are not you.**

**STEP 2
COME BACK TO YOUR
BODY & THE PRESENT
MOMENT**

**When facing a trigger that makes you
more reactive than usual, choose to
pause & take a few deep breaths. Bring
your attention back to your body and
the present moment.**

**STEP 3
REAFFIRM TO
YOURSELF
" I LOVE YOU"&
"YOU'RE SAFE"**

**Place your right palm over your chest at
the heart center and tell yourself " I love
you" & "you're safe" to soothe & comfort
yourself. once you've successfully
self-soothed yourself, then plan on how
you can best handle the situation.**

*I'm aware that my
thoughts are not me*

**WRITE DOWN WHAT MAKES YOU FEEL WORRIED, SAD,
SCARED, DEPRESSED, ANGRY, AND/OR ANXIOUS**

**Use the questions below to examine and break
down the thought. Ask yourself:**

Is my thought based on a feeling or an actual fact?

Is it possible for my thought to come true?

**What's the worst that can happen if it does
come true?**

Will it still matter to me tomorrow or in the future?

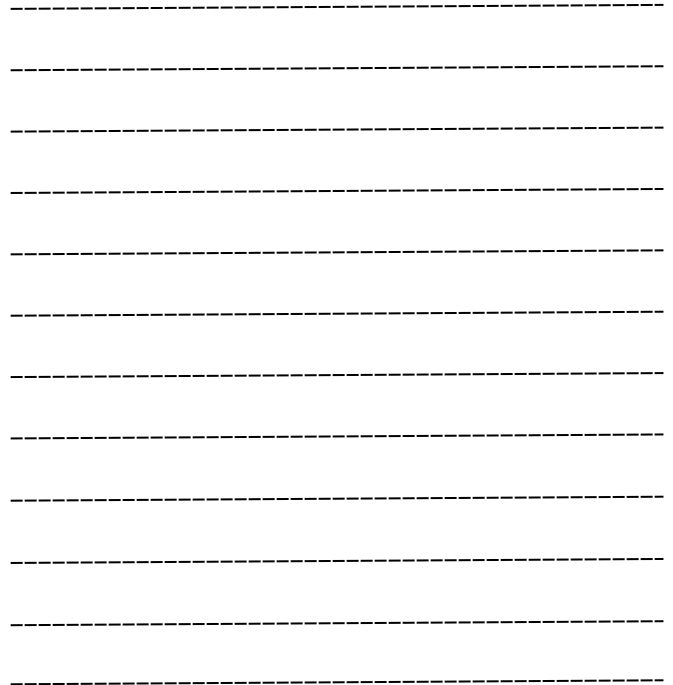
**What can I do handle the situation in a positive
why?**

Working Towards Healing

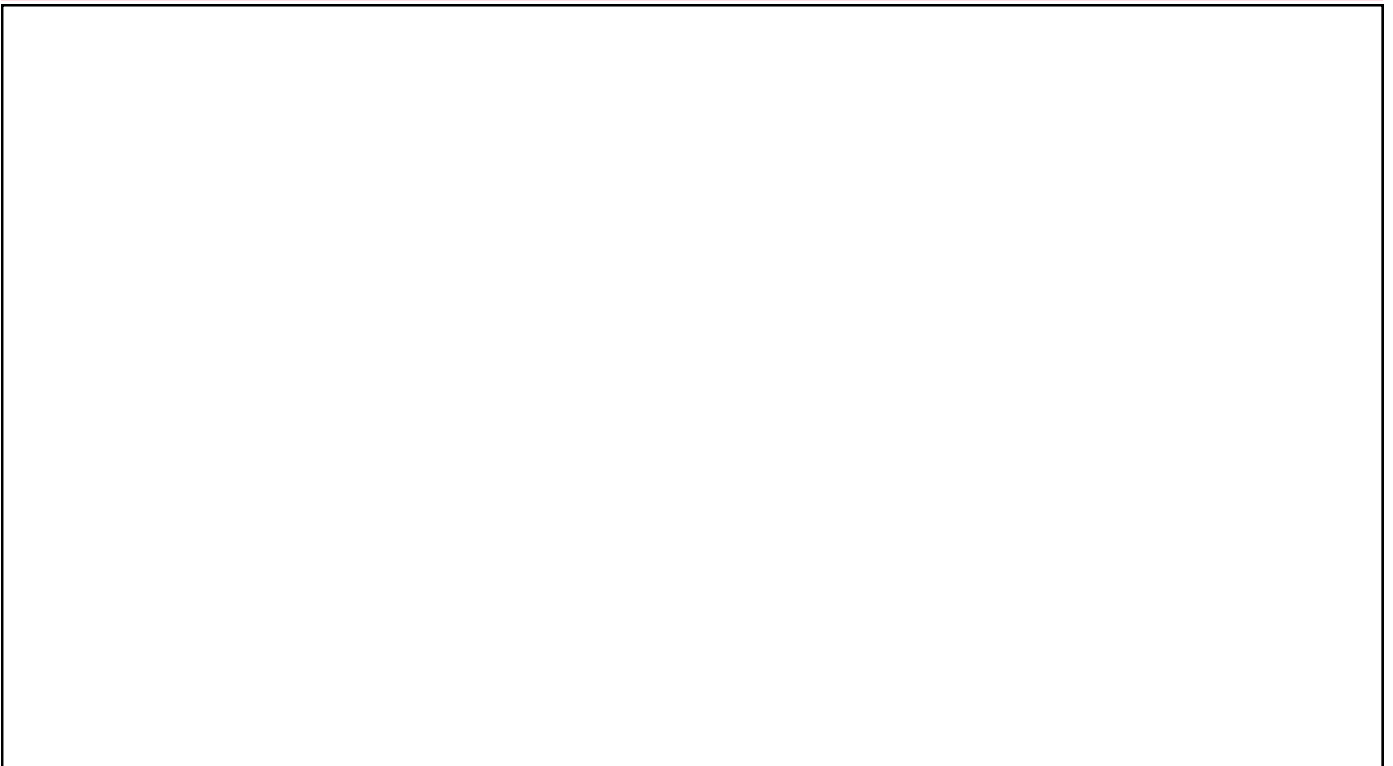
WHAT TRAUMA DO I NEED TO HEAL FROM?



STEPS THAT I NEED TO TAKE TO HEAL



THINGS I HAVE HEALED FROM & HOW



Experience Breakdown

WHAT'D HAPPENED TODAY?

WHAT I FELT ABOUT IT

I GOT TRIGGERED BECAUSE..

--

THE ENVIRONMENT I WAS IN

THE PEOPLE I WAS WITH

MY THOUGHTS AND REFLECTION

--

*Acknowledge your
Thoughts & feelings*

MY THOUGHTS

I'M FEELING SAD

0 _____ 10

I'M FEELING ANXIOUS

0 _____ 10

I'M FEELING SCARED

0 _____ 10

I'M FEELING ANGRY

0 _____ 10

I'M FEELING FRUSTRATED

0 _____ 10

HOW AM I FEELING TODAY?

Facilitating Healing

WHAT'D HAPPENED IN THE PAST THAT IS STILL CAUSING ME SO MUCH PAIN?

WHAT TRAUMA AM I WORKING ON HEALING FROM?

**WHAT THINGS HAVE I HEALED FROM ALREADY ?
HOW?**

MY ACTION PLAN TO FACILITATE HEALING

Self Blame

WHAT ARE THE SELF BLAME THOUGHTS THAT FREQUENTLY OCCUR IN YOUR HEAD?

DO YOU FEEL RESPONSIBLE FOR YOUR TRAUMA? HOW SO?

**DO YOU FEEL LIKE WHAT'D HAPPENED TO YOU COULD BE AVOIDED/PREVENTED?
HOW SO?**

DO YOU FEEL LIKE NOBODY TRULY UNDERSTANDS HOW YOU FEEL? EXPLAIN:

**DO YOU ALWAYS FEEL LIKE YOU SHOULD HAVE/COULD HAVE DONE SOMETHING
TO STOP WHAT'D HAPPENED? EXPLAIN:**

DO YOU FEEL LIKE YOU COULD NEVER TRUST ANYONE AGAIN?EXPLAIN?

DO YOU QUESTION WHY THIS HAD HAPPENED TO YOU? HOW SO?

DO YOU AVOID TALKING ABOUT IT? EXPLAIN:

DO YOU AVOID SEEKING HELP WHEN NEEDED? EXPLAIN:

DO YOU FEEL LIKE YOU DESERVED IT? EXPLAIN:

Self Acceptance

WHAT ARE YOUR STRENGTHS?

WHAT ARE YOUR WEAKNESSES?

WHAT MAKE YOU UNIQUE & SPECIAL?

**WHAT ARE THE IMPERFECTIONS THAT MAKE
YOU UNIQUE?**

**WHAT CHARACTERISTICS, QUALITIES, TALENTS, SKILL AND ABILITIES DO YOU POSSESS
THAT YOU ADMIRE IN YOURSELF**

Self Compassion

WHAT DO YOU OFTEN CRITICIZE YOURSELF ABOUT?

WHAT DO YOU FEEL MOST ASHAMED ABOUT YOURSELF?

WHAT EMOTIONS ARE YOU FEELING WHILE CRITICIZING YOURSELF

WHAT TONE, PHRASES AND WORDS ARE YOU USING?

IF YOU WERE TO CONFRONT YOUR INNER CRITIC, WHAT WOULD YOU SAY?

Processing Nightmares

**WHAT TYPE OF REOCCURRING NIGHTMARES DO YOU USUALLY HAVE?
WHAT ARE THEY ABOUT?**

**HOW IS HAVING NIGHTMARES
AFFECTING
YOUR SLEEP AT NIGHT?**

**HOW DO YOU FEEL THE
NEXT MORNING AFTER
HAVING A NIGHTMARE
THE NIGHT BEFORE?**

**WHAT ARE YOUR
NIGHTMARES
TELLING YOU?**

**WHAT UNDERLYING TRAUMA IS ASSOCIATED
WITH YOUR NIGHTMARES?**

Self Worth

SELF WORTH POSITIVE AFFIRMATION

**WHAT HARSH CRITICISM DO
YOU OFTEN TELL YOURSELF WHILE
PERFORMING TASKS/CHORES?**

**WHY DO YOU THINK YOU
ARE OFTEN HARSH ON
YOURSELF?**

WHAT ARE YOUR GREATEST STRENGTHS?WHAT DO YOU MOST ADMIRE ABOUT YOURSELF?

Trigger Coping Cards

Take Deep Breaths

Become Aware of Your Triggers

Plan a Coping Strategy for your Triggers

Practice Regular Meditation

Keep a Journal

Share Your Feelings with a friend/Partner/Therapist

Daily Reflection

DATE: _____

5 things that made me feel happy today

5 small successes I had today were

Today I had fun when

Trigger Processing

**WHEN TRIGGERED, WHERE ARE YOU
HOLDINGS STRESS AND TENSION?**

PHYSICAL SYMPTOMS MANIFESTED BECAUSE OF MY EMOTIONAL STRESS

Affirmations for being a highly sensitive person

Instructions: Write down a list of affirmations that your younger self needed to hear. Examples: "You are worthy of love," "Your feelings matter," or "You are enough."

1

2

3

4

5

6

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1

2

3

4

5

6

Weekly Self Care

Week Of: _____

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Overcoming Fear

HOW IS THIS HOLDING YOU BACK IN LIFE?

WHAT IS YOUR GREATEST FEAR?

HOW WAS THIS FEAR DEVELOPED?

LIST OLD FEARS YOU ARE READY TO PUT BEHIND

Self Love

SELF LOVE POSITIVE AFFIRMATION

**WHAT DO YOU HATE SO MUCH
ABOUT YOURSELF? WHAT IS THE
REASON BEHIND THE HATRED?**

**CAN THAT FEELING
BE CHANGED ? HOW?**

**WRITE A LETTER TO YOURSELF TO EXPRESS THE
UNCONDITIONAL LOVE YOU'VE IN STORE FOR YOURSELF**

Anxiety Tracker

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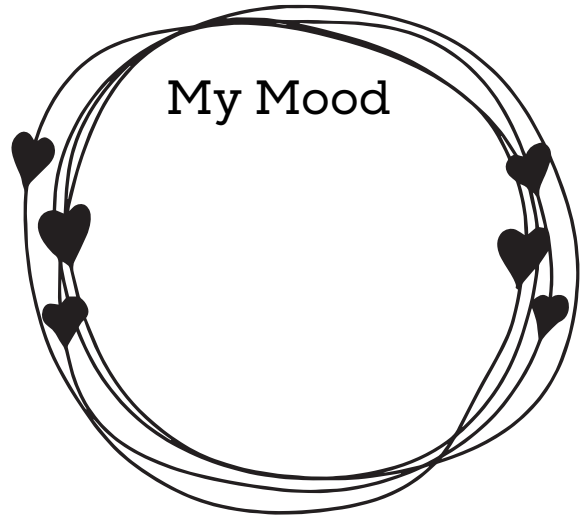
Anger Tracker

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Mood Tracker

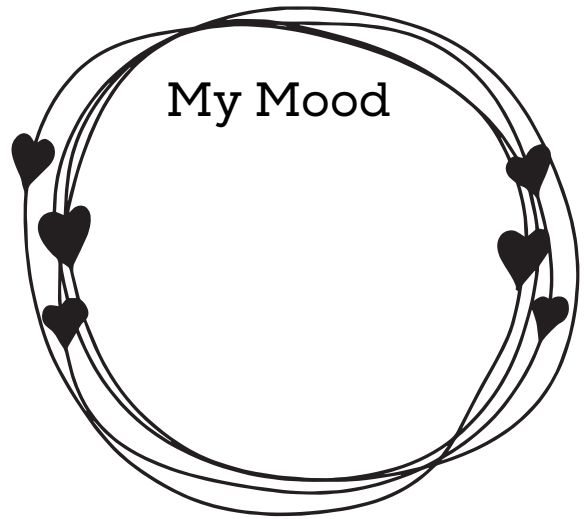
Date: _____

Time: _____



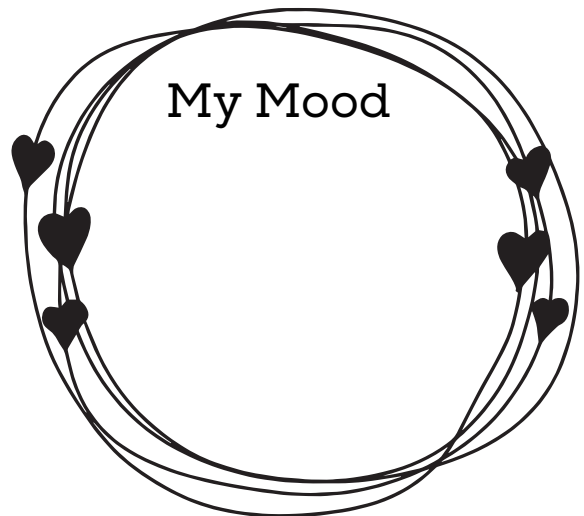
Date: _____

Time: _____



Date: _____

Time: _____



Medication Tracker

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Decatastrophizing

WORKSHEET

What "catastrophe" is bothering you?

What is the likelihood of the catastrophe occurring?

In the past, has this ever happened before?

How frequently does this occur in real life?

How terrible would it be if your catastrophe really occurred?

What would the worst possible outcomes look like?

If the worst happens, what will you do?

Who or what could help you?

What could you do in advance to prepare you?

What skills do you already have that can help you through it?

Discover My Authentic Self

**I AM SPEAKING MY OPINIONS
HONESTLY IN A HEALTHY WAY**

**I ALLOW MYSELF TO BE
VULNERABLE & OPEN HEARTED**

**I AM LISTENING TO THE INNER
VOICE GUIDING ME FORWARDS**

**I AM FULLY PRESENT WHEN
I WORK OR GO THROUGH
LIFE EXPERIENCES**

I AM PURSUING MY PASSIONS

**I AM MAKING DECISIONS THAT
ARE ALIGNED WITH MY PRINCIPLES,
VALUES AND BELIEFS**

**I SET MY BOUNDARIES
AND I REPECT THEM**

**I WALK AWAY FROM TOXIC
SITUATIONS & RELATIONSHIPS**

Physical Coping skills for anger management

DO YOGA

PUSH WALL

BOUNCE BALL

**PRESS DOWN ON
MY SEAT**

**SQUEEZE A
STRESS BALL**

**STRETCH
MY BODY**

PUNCH A PILLOW

**PRESS MY PALMS
TOGETHER**

**RIP PAPER INTO
SMALL PIECES**

Worry Coping Cards

Take Deep Breaths

**Be in the
Present Moment**

Draw Your Worries

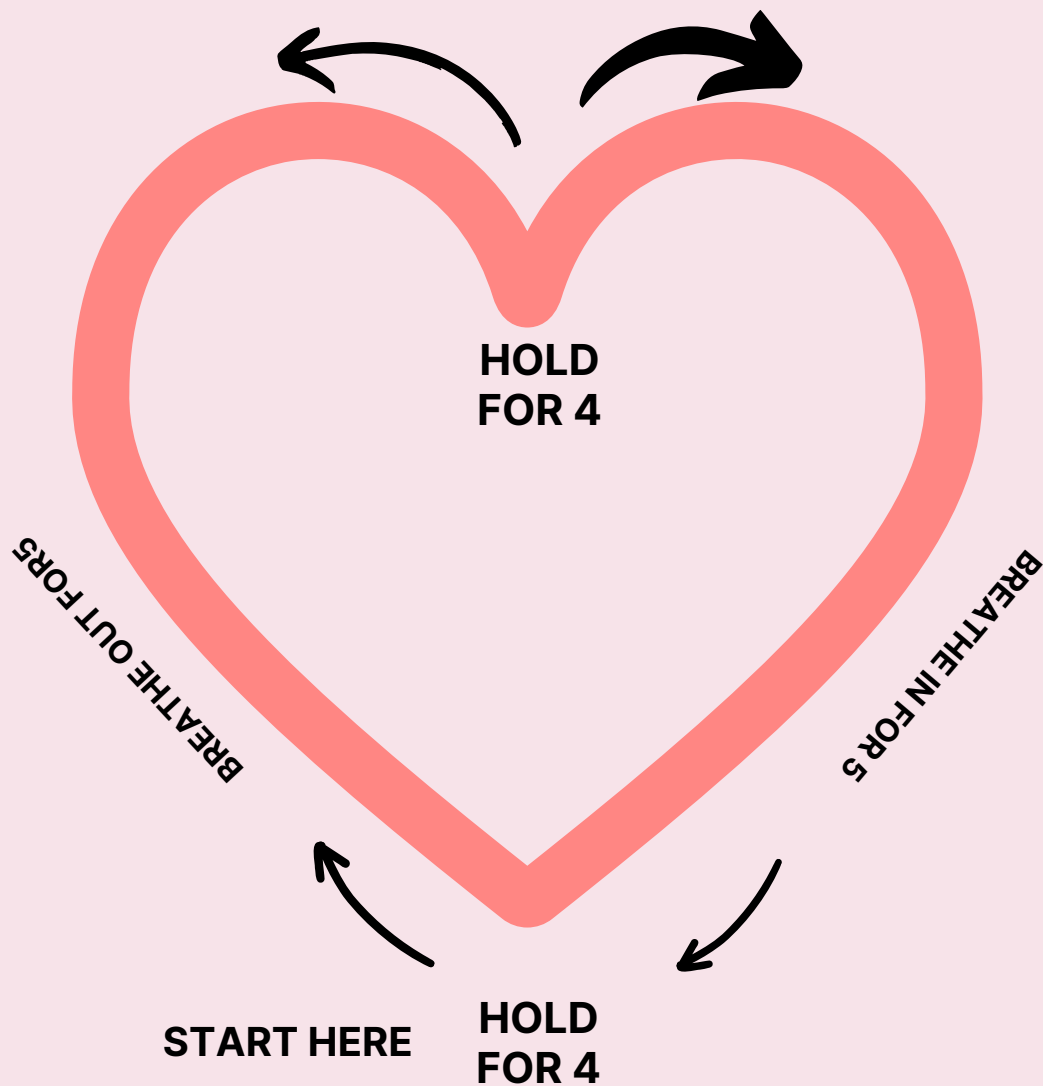
Go to Your Favorite Place

Journal Your Thoughts

**Share Your Thoughts with
a friend/Partner/Therapist**

Heart-focused Breathing

**USE THIS BREATHWORK TECHNIQUE TO
HELP YOU COPE WITH TRIGGERS**



**THINK OF SOMEONE OR SOMETHING YOU LOVE
WHILE PRACTICING THIS BREATHING TECHNIQUE**

The Balloon Mental Exercise

For When you Start Feel Worried or Anxious

Step 1 :
Write down
what
worries
you in
the
balloons



Step2 :
Close
your
eyes &
imagine
them
floating
away

Step 3:

Come back to your breaths and
repeat steps 1 and 2 as needed

Building My Dream Life

**REGARDLESS OF WHAT HAD HAPPENED, YOU DESERVE TO LIVE A
LIFE FULL OF LOVE, JOY, PEACE, HEALTH, ABUNDANCE AND HAPPINESS**

MY NEW MORNING ROUTINE I AM COMMITTING TO

MY NEW EVENING ROUTINE I AM COMMITTING TO

WHAT IN MY CURRENT LIFE DO I WANT TO NOT TAKE INTO THE FUTURE WITH ME?

My Vision Board

HEALTH

FAMILY

FINANCE

FRIENDSHIP

LOVE

CAREER

KNOWLEDGE

TRAVEL

HOBBIES

Monthly Reflections

HOW WAS THIS MONTH?

GRATEFUL FOR



AREAS OF IMPROVMENT

CHALLENGES

**MY FAVORITE MOMENT
OF THIS MONTH**

WHAT WENT WELL

HOW TO SET UP FOR SUCCESS NEXT MONTH

Monthly Goal Planning

GOALS

REWARDS FOR ACHIEVING MY GOALS

WHY ACHIEVING THESE GOALS IMPORTANT TO ME?

WHAT STEPS DO I NEED TO TAKE TO ACCOMPLISH MY GOALS?

Weekly Task Planning

TASKS THAT NEED TO GET DONE

TASK DEADLINES

STEPS THAT NEED TO BE TAKEN

REWARDS FOR COMPLETING THE TASKS

PLANS FOR NEXT WEEK

My Good Habits

GOOD HABITS TO MAINTAIN OR DEVELOP

BAD HABITS TO REDUCE OR ELIMINATE

ACTION PLAN TO MAINTAIN/DEVELOP MY GOOD HABITS

REWARDS FOR MAINTAINING MY GOOD HABITS

To-Do List

Month of

[illegible]

[illegible]

[illegible]