

I SEE MYSELF IN A NEW LIGHT

I have a sensitive nervous system, so I experience thoughts and feelings more strongly and vividly than non-sensitive people.

Affirm: My sensitive nervous system has evolved to keep me safe.

Impressions might stay with me longer; my mind may mull over things for a longer period of time.

Affirm: I'm here to extract and distill the deepest wisdom from my life.

I can release overthinking and allow my mind to work in the background without fixating, because not everything can be understood immediately. I trust that meaning and significance can be revealed to me in due time. I do not need to come to any conclusions right away.

Affirm: I can never miss out on what I'm meant to know and understand.

Because I process things deeply, my system may need more time to recalibrate itself after over-stimulating events. Things that are overstimulating for me may not be considered so by non sensitive people.

Affirm: My system knows how to re-balance itself. I can afford to give myself time and space to do so.

Being sensitive may impact the speed and pace that I take to fully feel and integrate events and changes, but this does not limit what I am able to take on and accomplish in my lifetime. In fact, taking my time may result in higher quality creations and a sustainable way of living.

Affirm: It is safe for me to slow down.