

FREE

Facts, Myths, Mysteries & Metaphors About the HSP Trait

With Jacquelyn Strickland and Barbara Allen-Williams

Conference Access Link:

<http://www.freeconferencecalling.com/access-recordings.html>

Conference Code: 888657 - Parts One, Two, and Three

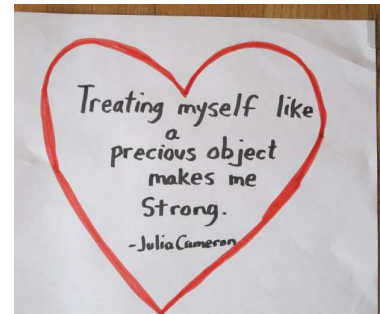
I. FIVE STAGES OF CULTURAL AWARENESS AND ACCEPTANCE

<http://www.lifeworkshelp.com/hspawareness.htm>

II. FACTS - BASICS

Four Things All HSPs Have in Common

- D – Depth of processing
- O– Overstimulation
- E – Emotional Intensity
- Sensory Sensitivity



III. MYTHS

IV. VARIATIONS & VARIABLES Affecting Our HSP-Well Being and How we show up in the world

Why it is important to allow for variation & uniqueness among the HSP population?

V. HOW CAN WE CARE FOR OUR HSP SELVES to ensure that we and others benefit from our positive characteristics?

VI. Mysteries – Why are we here? Why has our DNA been passed down over generations? Why is it vital that this gene is repeated?

VII. Things to Watch out For - Challenges to our Well Being

VIII. Four Things HSP must do to Thrive

- Self Identity
- Reframing past experiences with new HSP knowledge
- Healing from Past Wounds
- Knowing When and How to Be Out in the World

IX. Metaphors - Castle - Center, Home Sanctuary What's coming my way ? Inventory at the end of the day to assess Emotional, intellectual, spiritual, "hit"

Time to reframe, so that daily hurts are not added to list of unhealed wounds

