

JOURNAL PROMPTS
FOR
HIGHLY SENSITIVE PEOPLE



Created by Valerie L
@HIGHLY SENSITIVE EMPATHS

JOURNAL PROMPTS FOR HIGHLY SENSITIVE PEOPLE

Each prompt was created to gently guide you toward a **deeper understanding of yourself**. They touch on different aspects of your life as a highly sensitive soul and will help you **uncover precious insights about your relationship with your sensitivity** - insights that can bring more clarity, peace, and self-compassion into your everyday life.

So, grab your notebook and a pen. Find a cozy little corner, maybe light a candle, make some tea, or wrap yourself in a blanket, and **let your thoughts spill softly onto the page**.

Don't hold back. Let your vulnerability speak. Every sentence you write, every page you fill with ink, carries the potential to transform how you relate to your sensitivity. There's so much power in simply allowing your truth to exist on paper. Embrace the beauty of your sensitive nature - and let this be the start of a tender journey back to yourself.

One prompt at a time...

A little note before you begin: some of these prompts may stir emotions that run deep. Please make sure you're in the right headspace before diving in. If something feels too heavy, it's perfectly okay to skip it or come back later. Take breaks when needed, breathe, and give yourself time to process what arises - including those beautiful "aha" moments that often come when you least expect them.

I truly believe that **self-awareness and understanding our sensitivity are keys** to living this trait with grace and gratitude. Personally, if I had the choice to be less sensitive... I wouldn't take it for the world. Yes, sensitivity has its challenges, but its depth, intuition, and quiet magic far outweigh them.

If you're struggling with your sensitivity right now, please know you don't have to do it alone. It always breaks my heart when someone can't see how precious their sensitivity truly is. It's not a flaw - it's a gift. A rare, radiant one that this world needs more of.

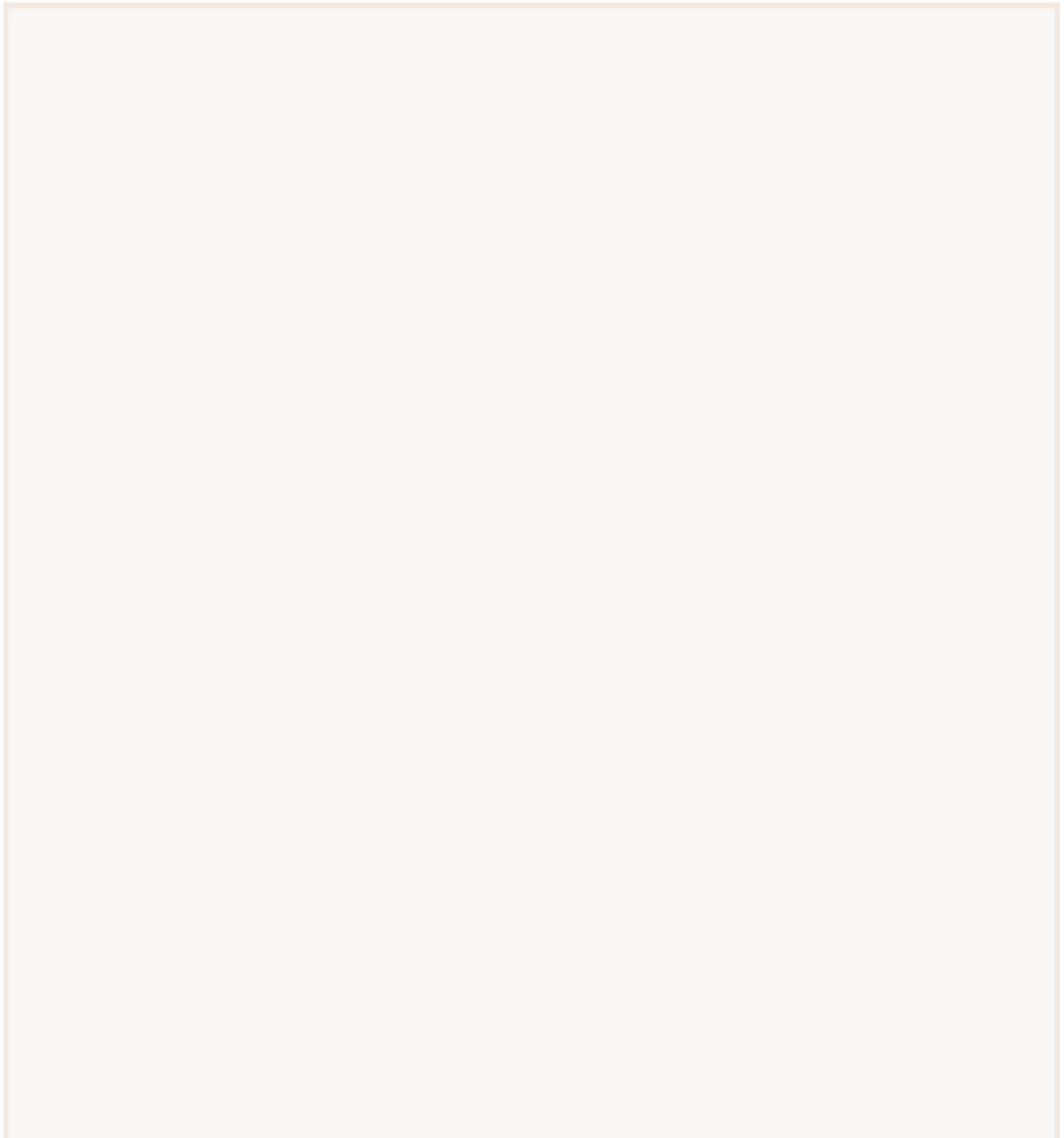
And if you ever need guidance to make peace with it - I'm just a click away. **I will help you see your sensitivity for what it truly is: your greatest asset.**

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Describe your relationship to the space around you.

What emotions come up when you look around? Think in terms of senses - what do you see, hear, smell etc - and what effect does it have on you right now? What would you like to have less or more around you?

What would be the best environment for you?

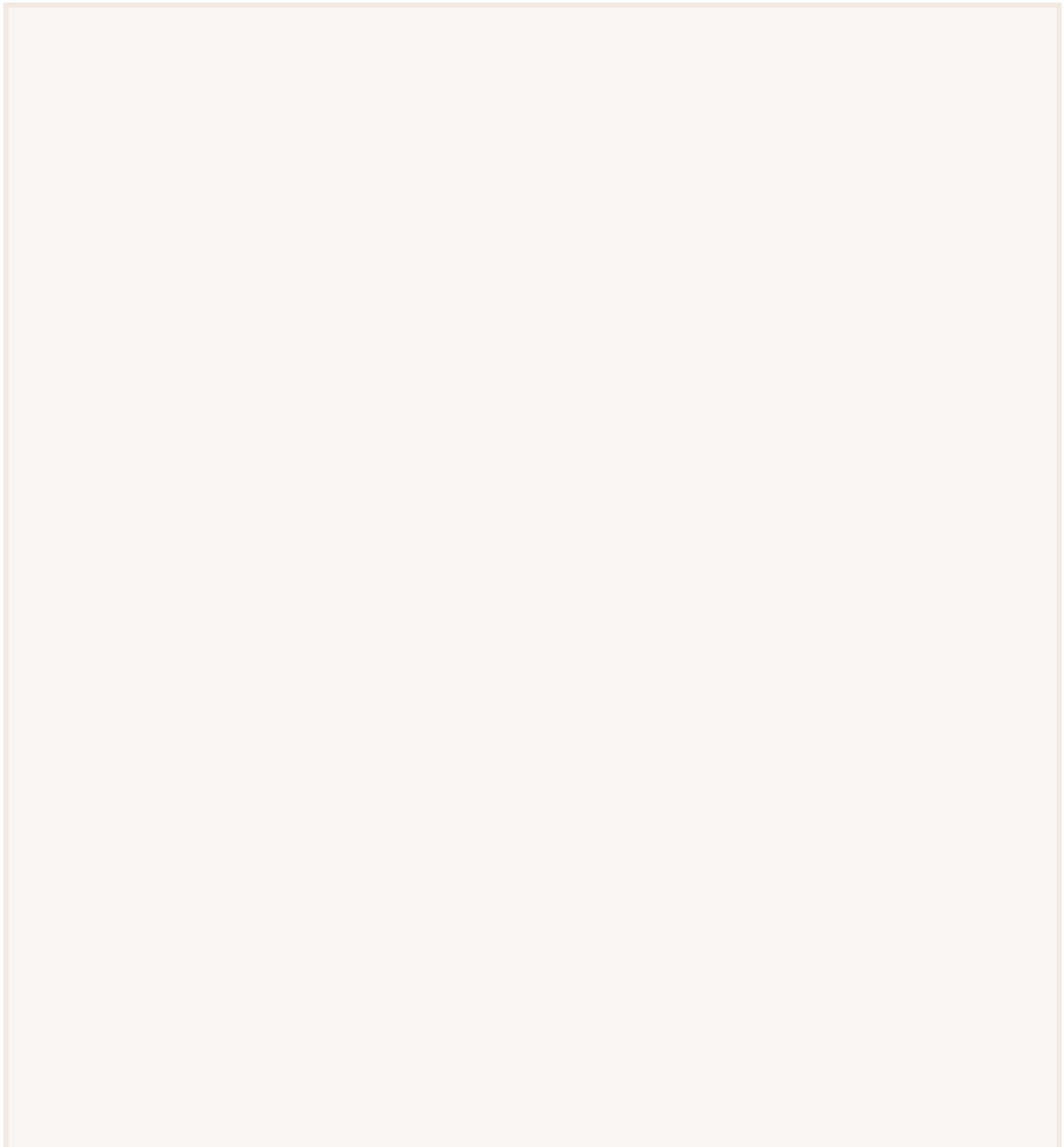


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Do you remember the first time you were called out/made fun of/dismissed about your sensitivity?

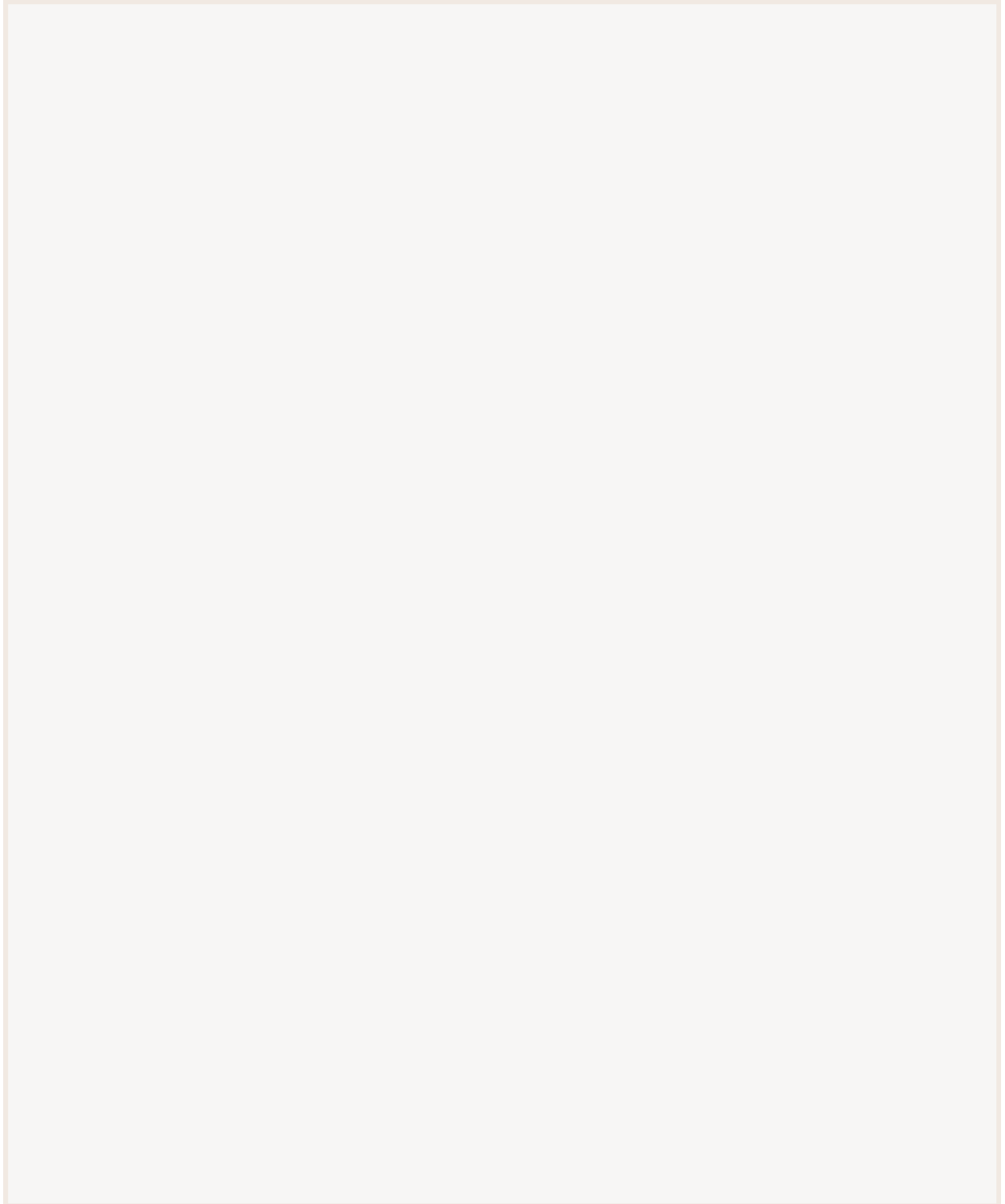
What did the person(s) say? What was the situation?

How did this feel for you then (positive, negative, confusing...) and how does it make you feel now?



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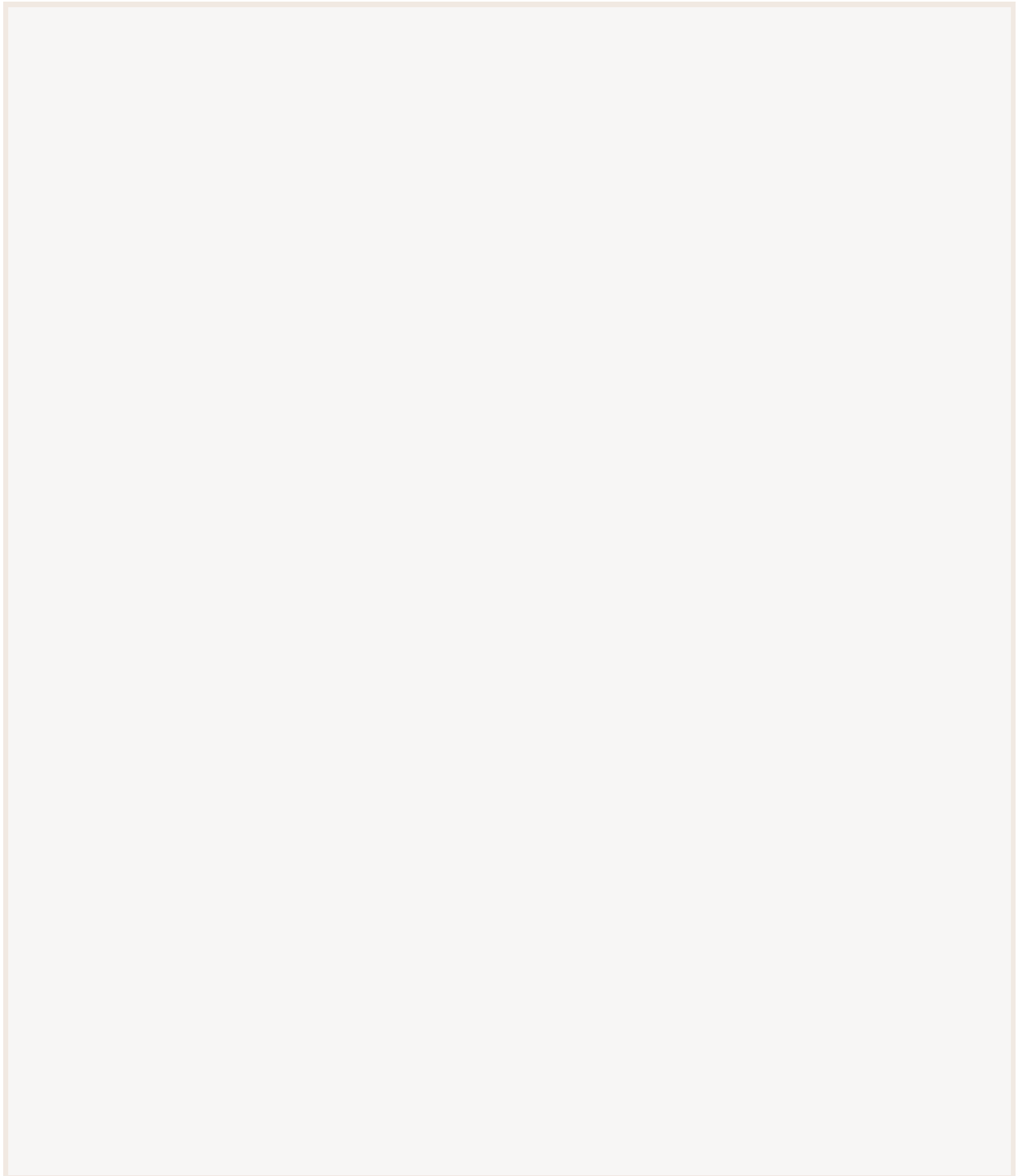
Does sensitivity feel like a positive or negative trait to you? Why do you think that is?



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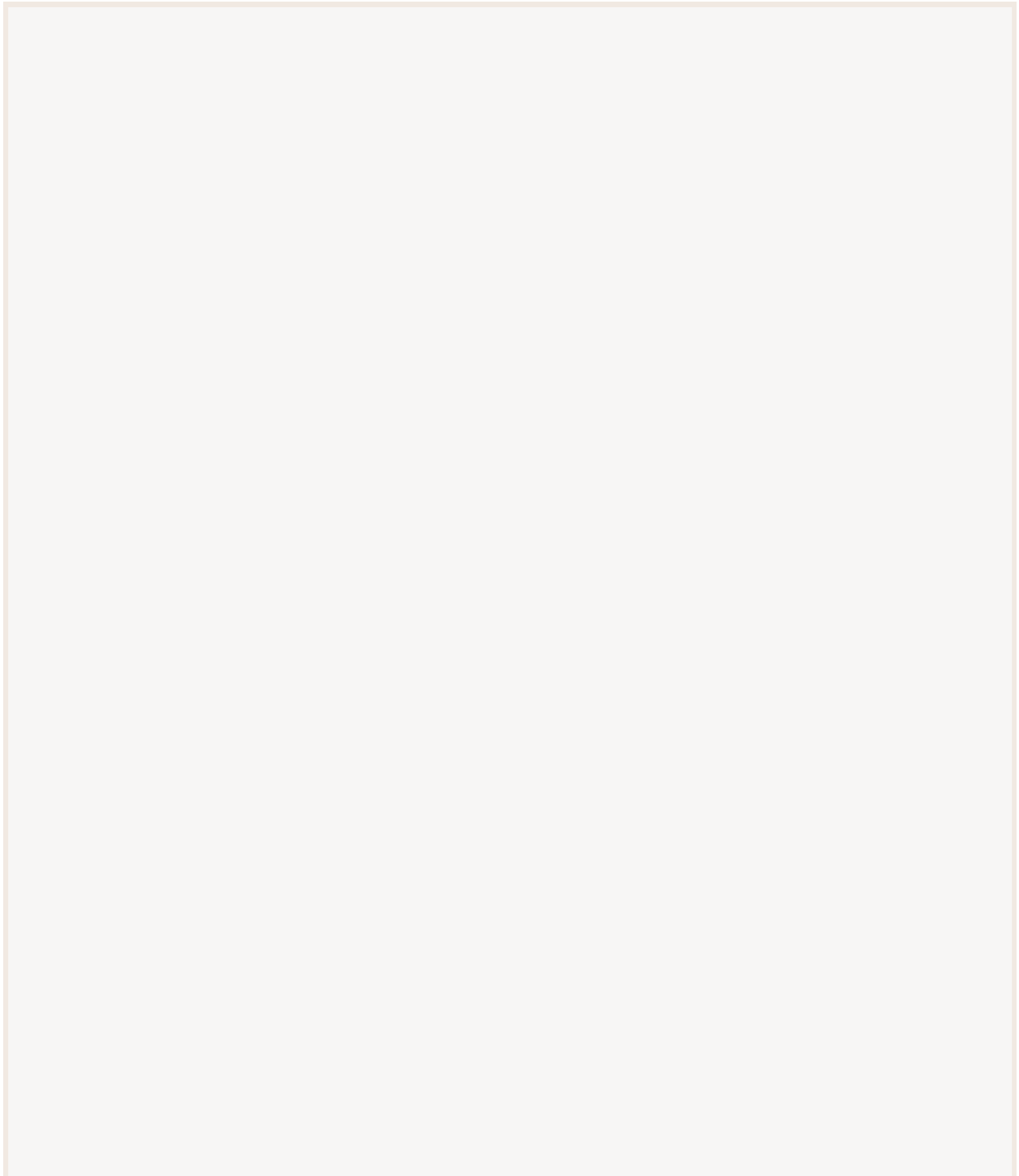
Describe the place where you feel the best, happy and calm, but also inspired and refreshed?

This may be a place in your imagination, the ideal place for you.



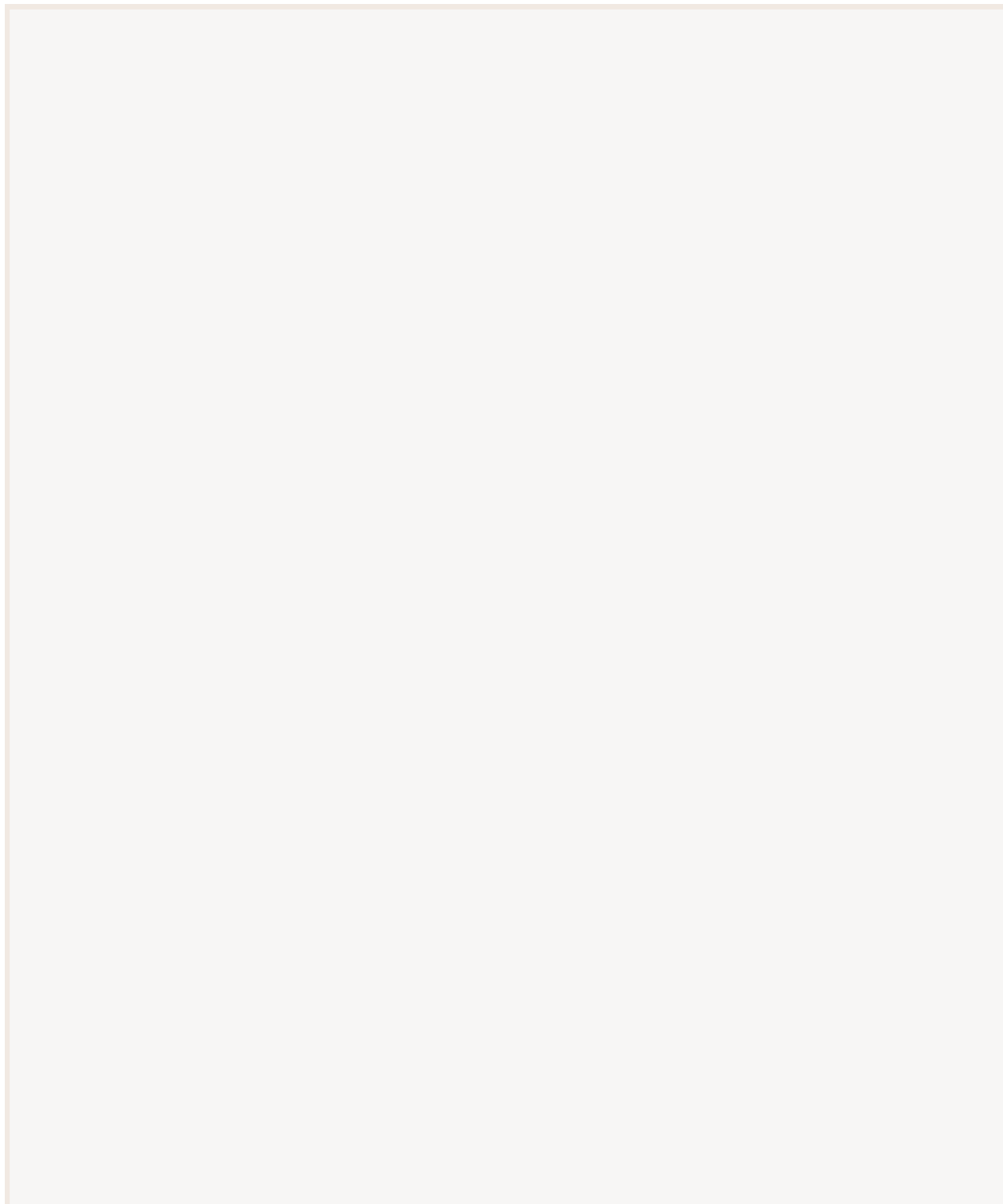
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**When was the last time you were overwhelmed in a positive way?
Whether that means overcome with joy, laughter, bliss, or excitement...
(While being an HSP is challenging, it can also be a gift.)**



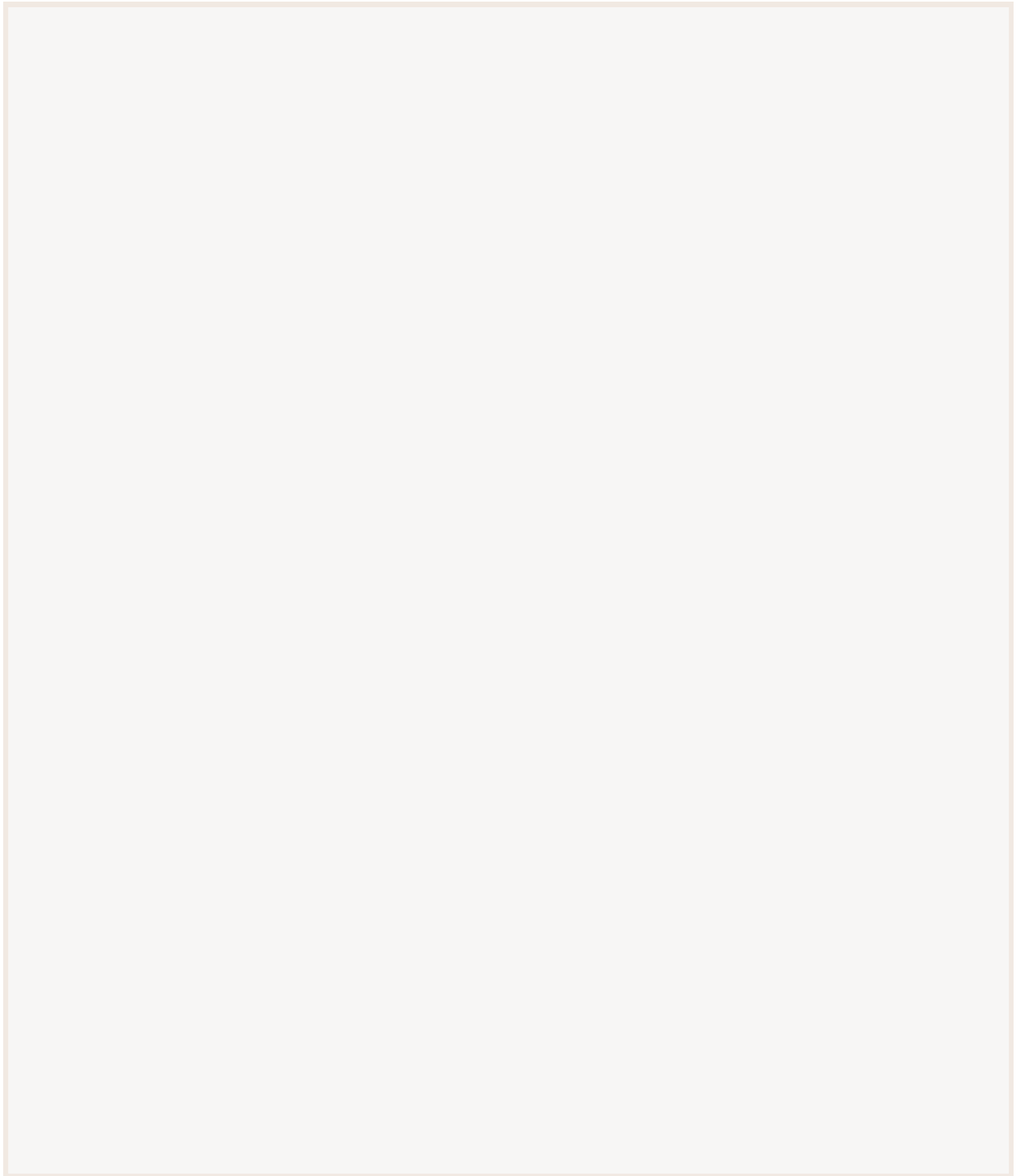
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What do you like most about yourself? What is the role of your sensitivity in what you love in yourself?



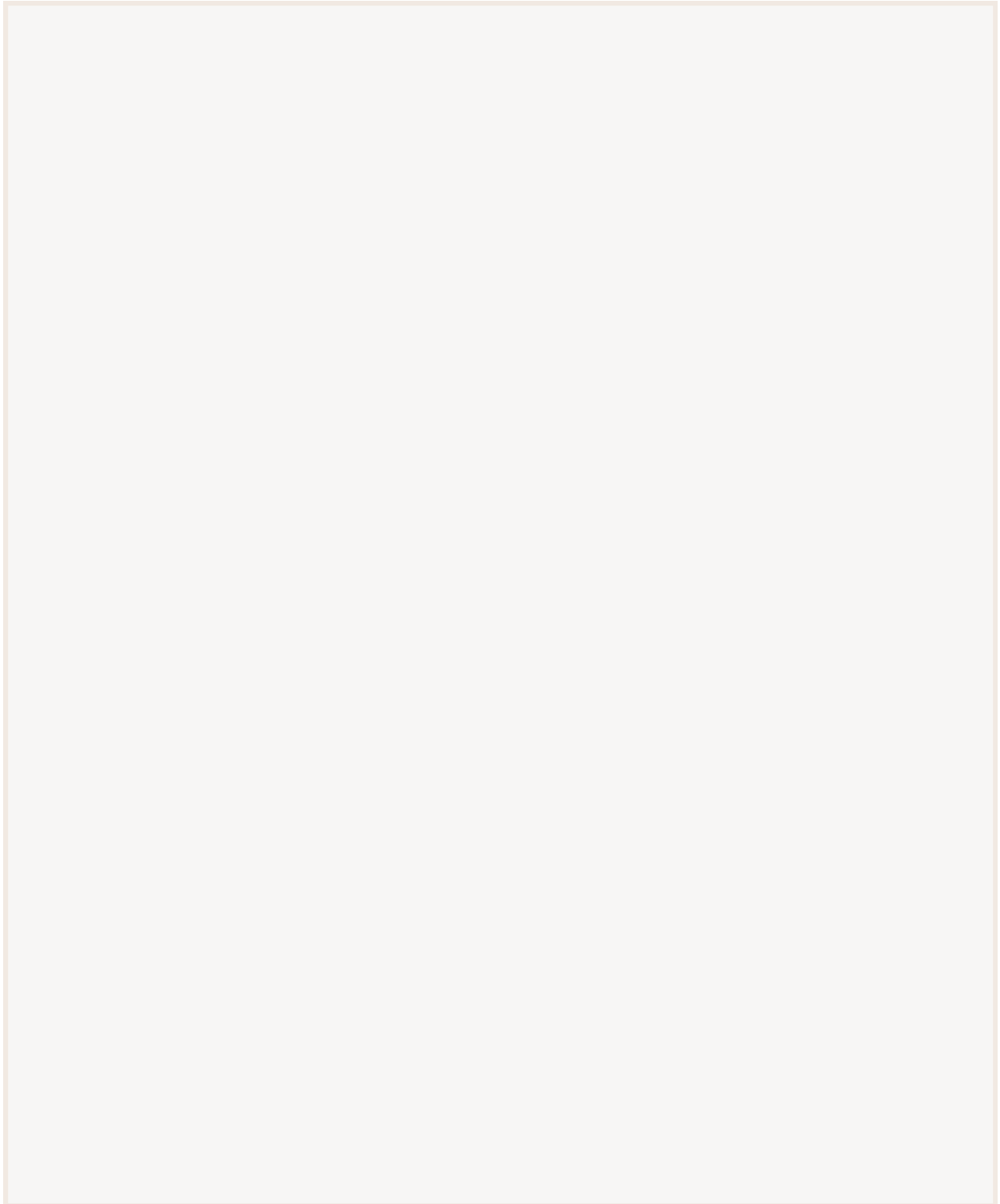
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Now let's focus on your physical sensitivities. What are your physical sensitivities? How do they manifest in your body and physical experience?



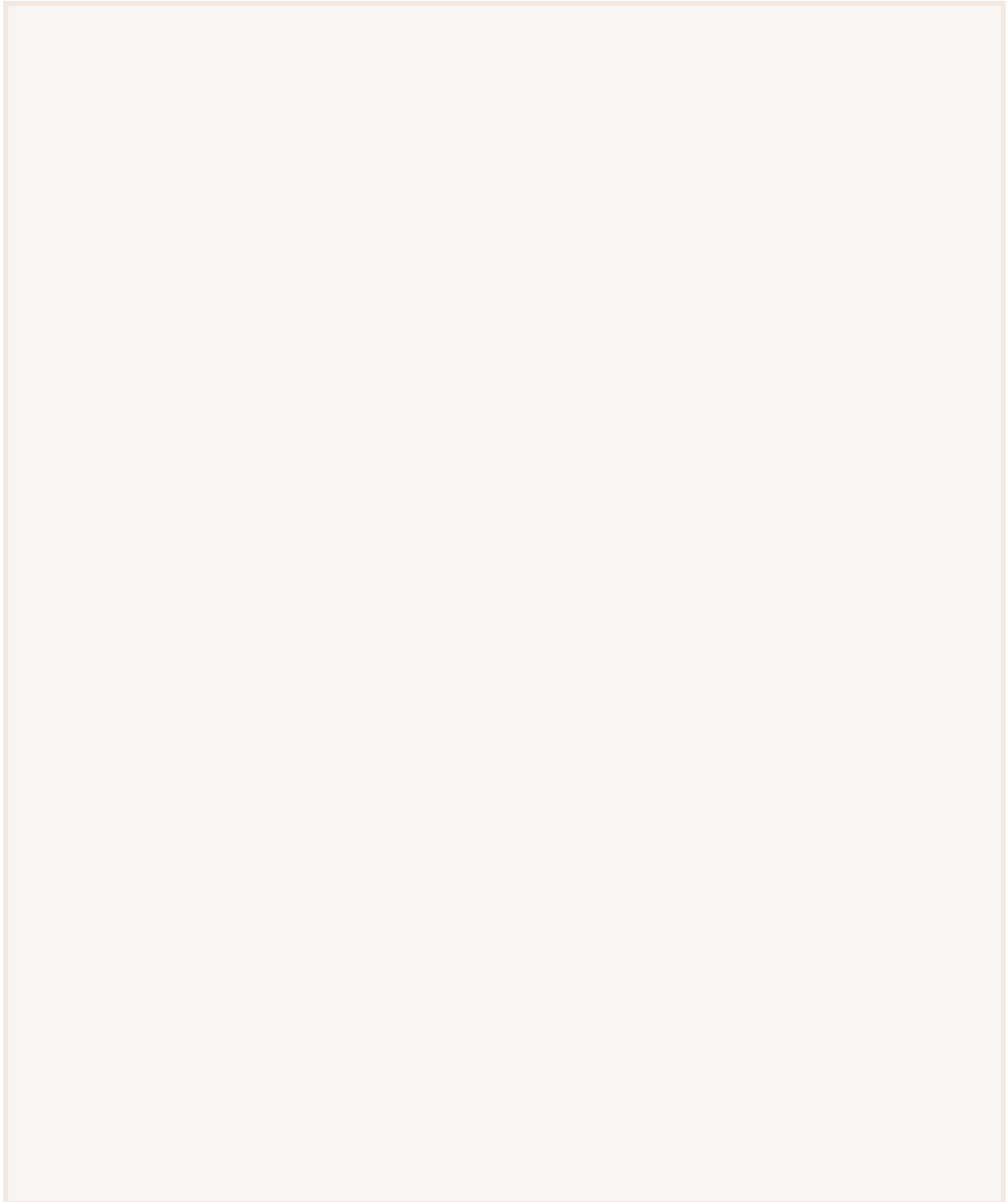
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Has anyone ever called you shy? What did that mean to you then, and would you use it to describe yourself now?



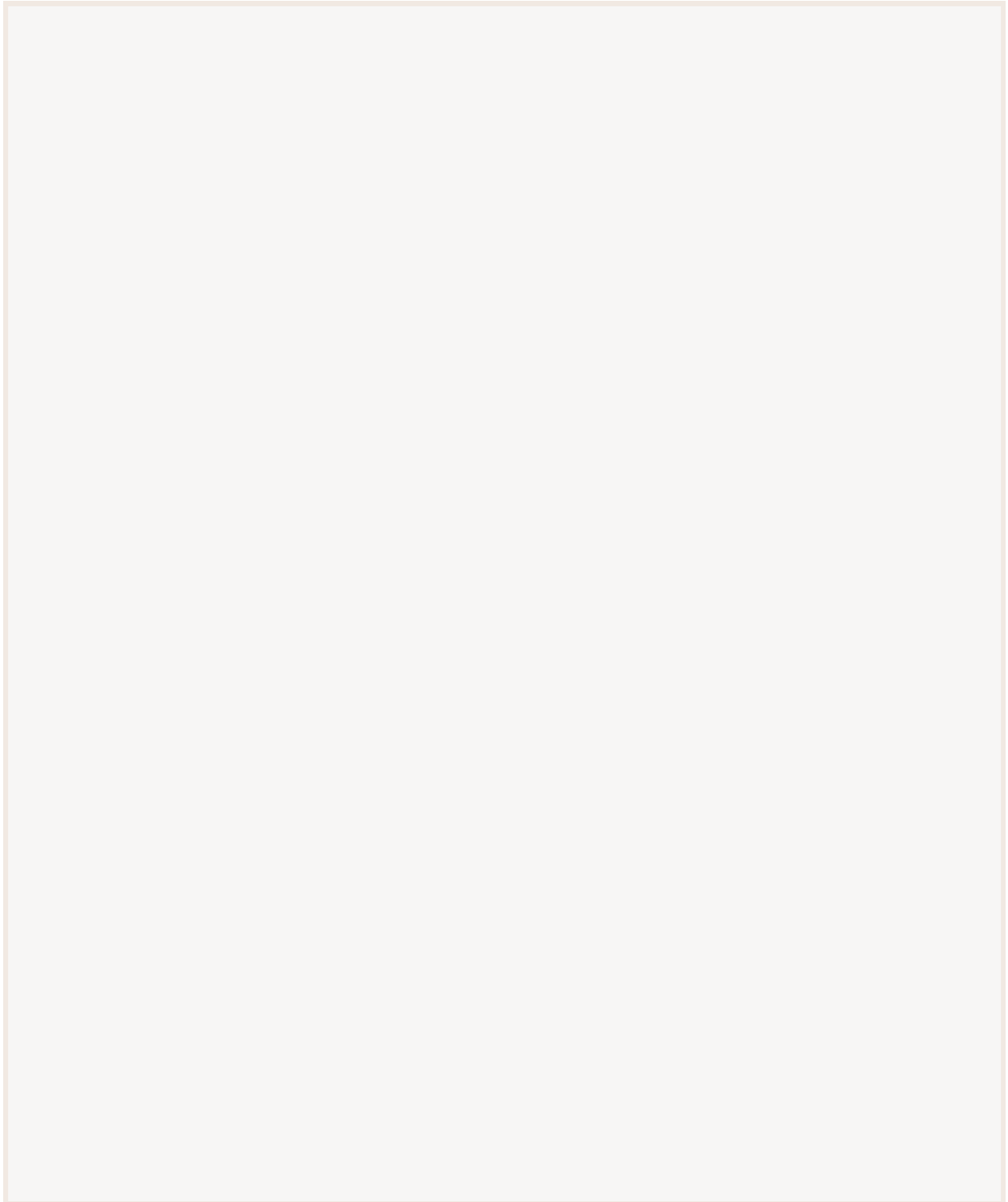
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Who else in your circle or family is sensitive or highly sensitive? What is your relationship with them and how do you differ?



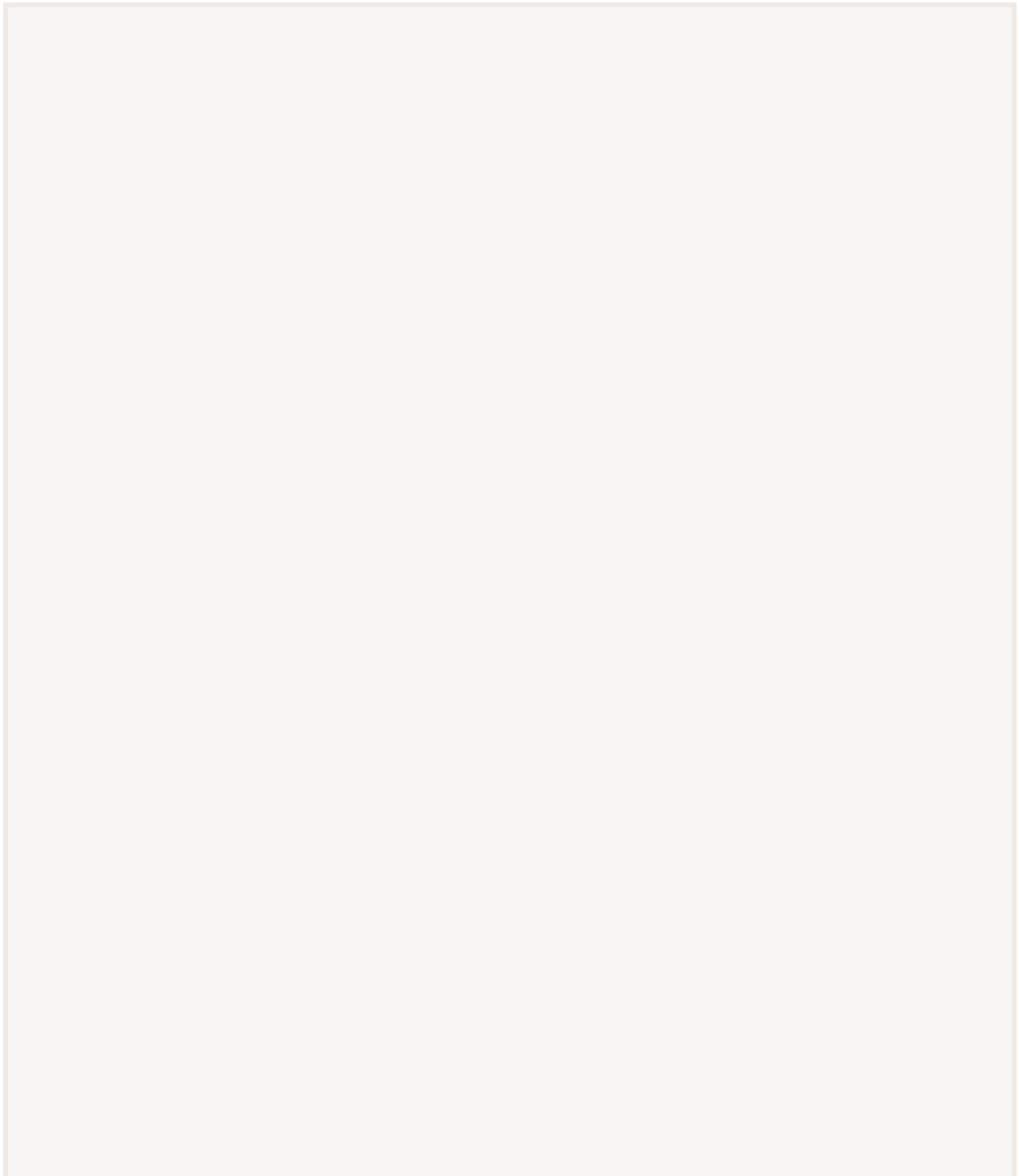
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As a step further, write down all the positive qualities you can think of about your sensitivity - how it makes you a better version of yourself.



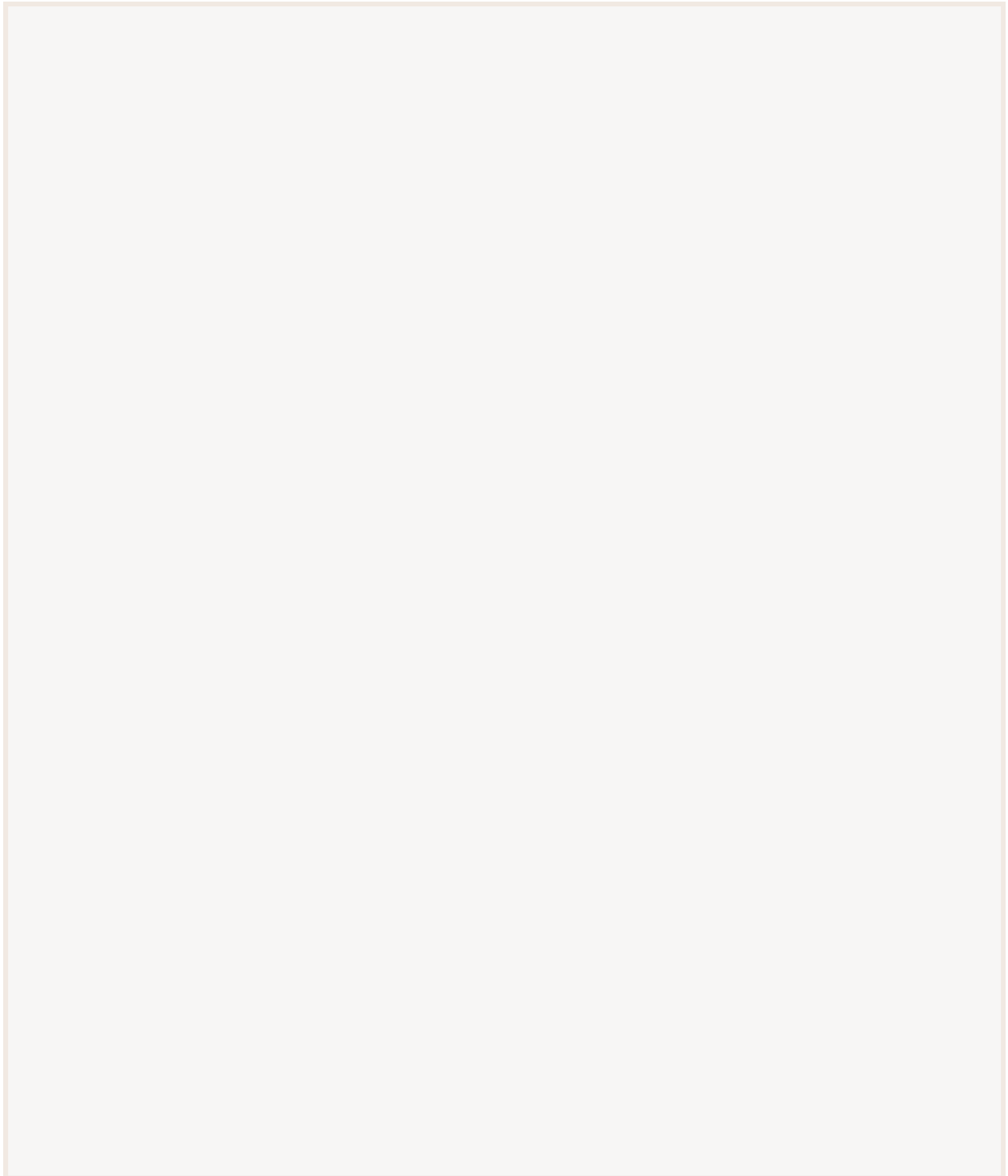
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How do the weather or seasons affect your sensitivity? Is there a season that particularly affects you and another that you prefer, during which you feel very good?



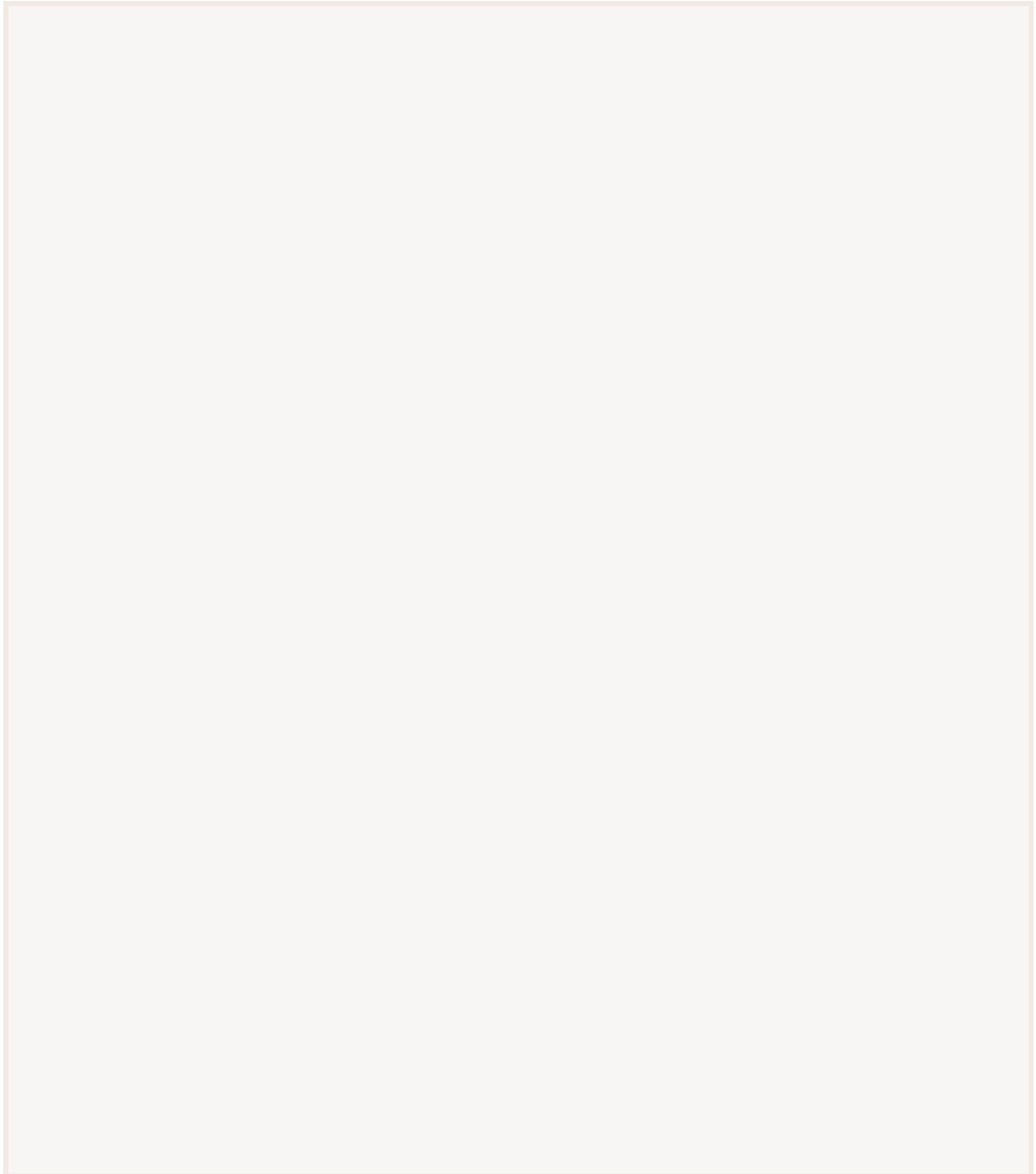
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Let's talk about the changes that may appear in your life. Which ones are easy for you to achieve/live and which ones do you encounter more resistance to?

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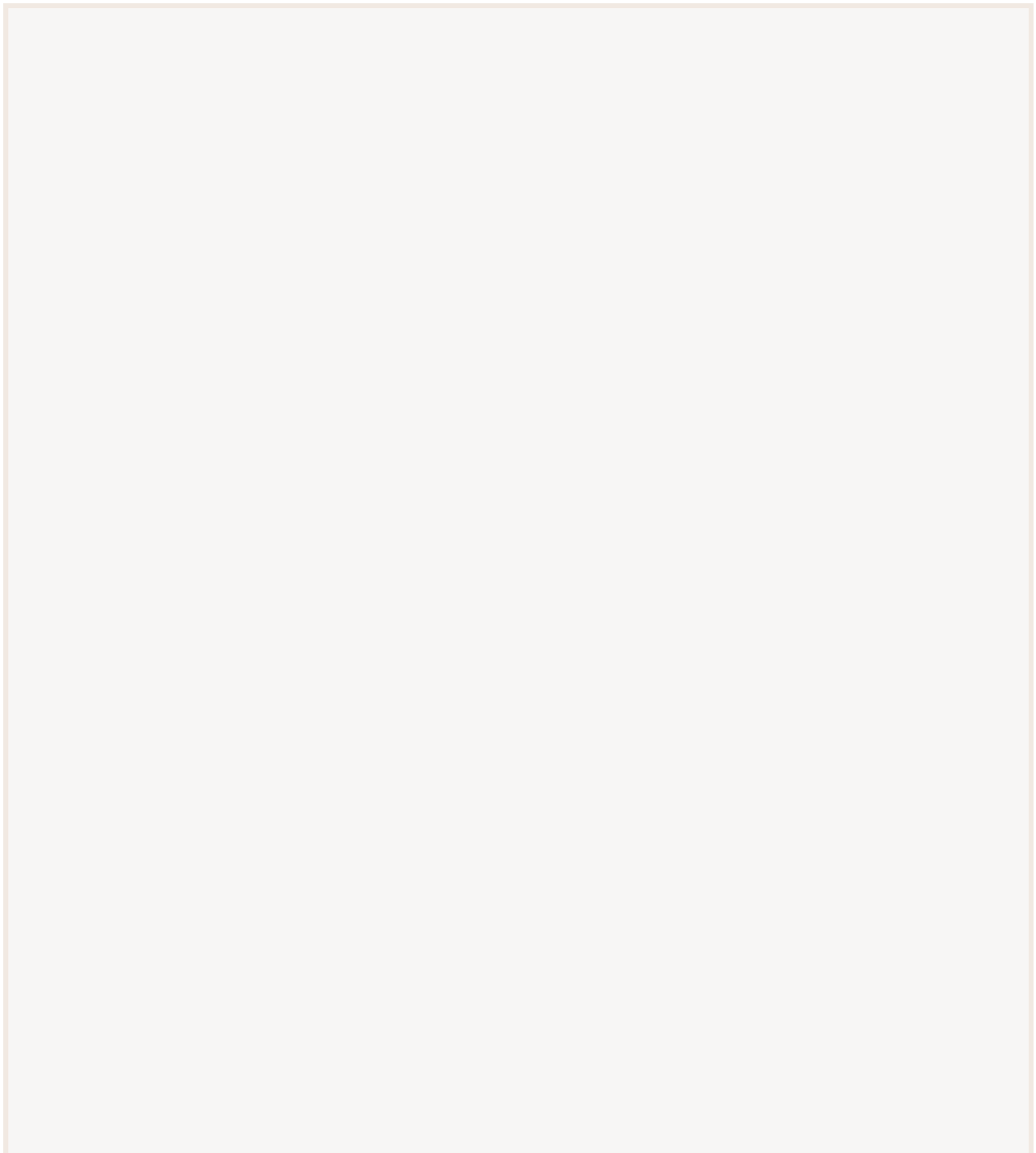
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Do you think highly sensitive people can make a difference in the world? How do you think they help make the world a better place? What do you think would be different if the majority of the population were highly sensitive?



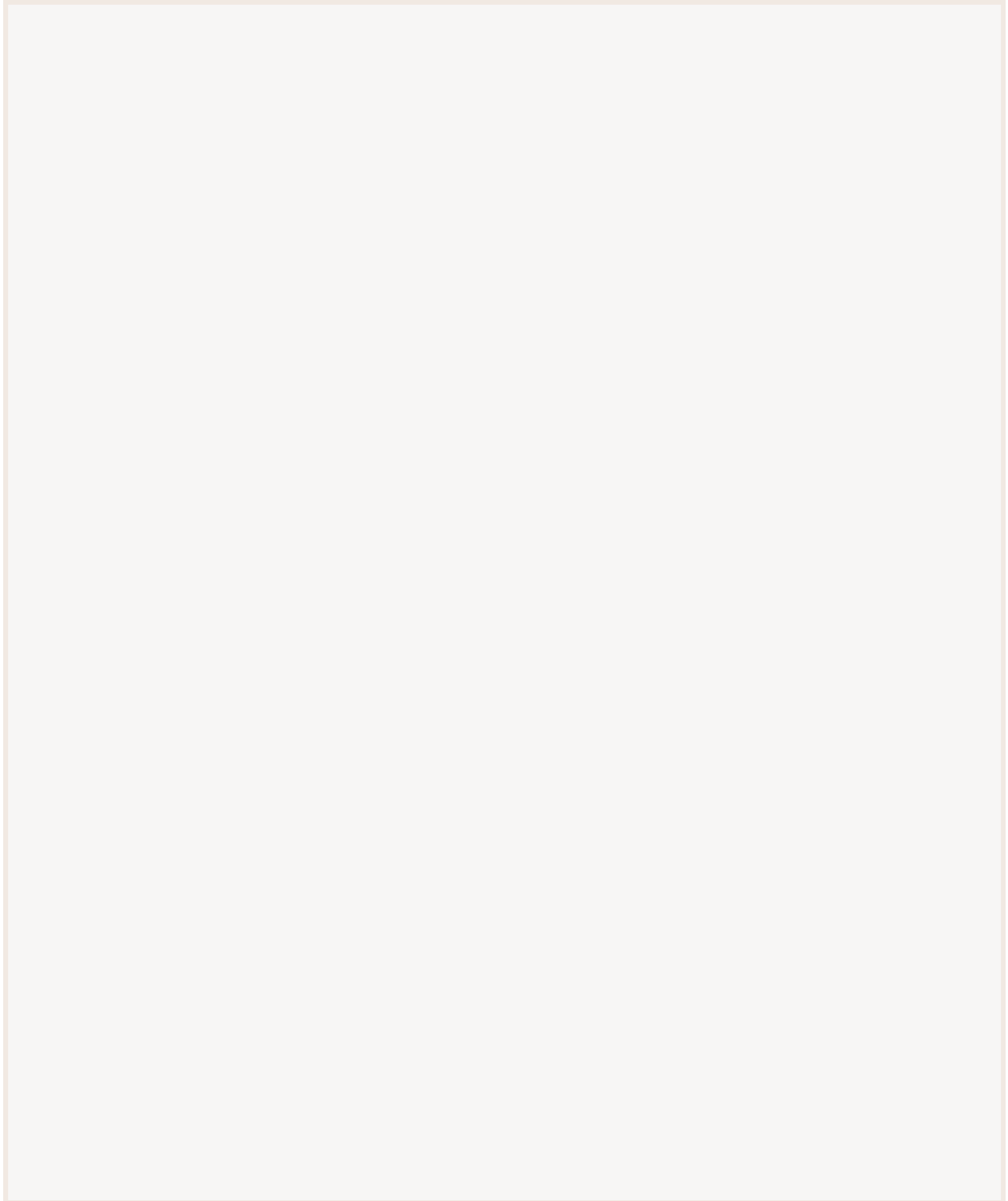
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Think about your career. Is your job good for you or how does it bother you? Are there things you need to accomplish that are not in alignment with your sensibility and your values? Describe what your ideal career would be and how you can achieve it.



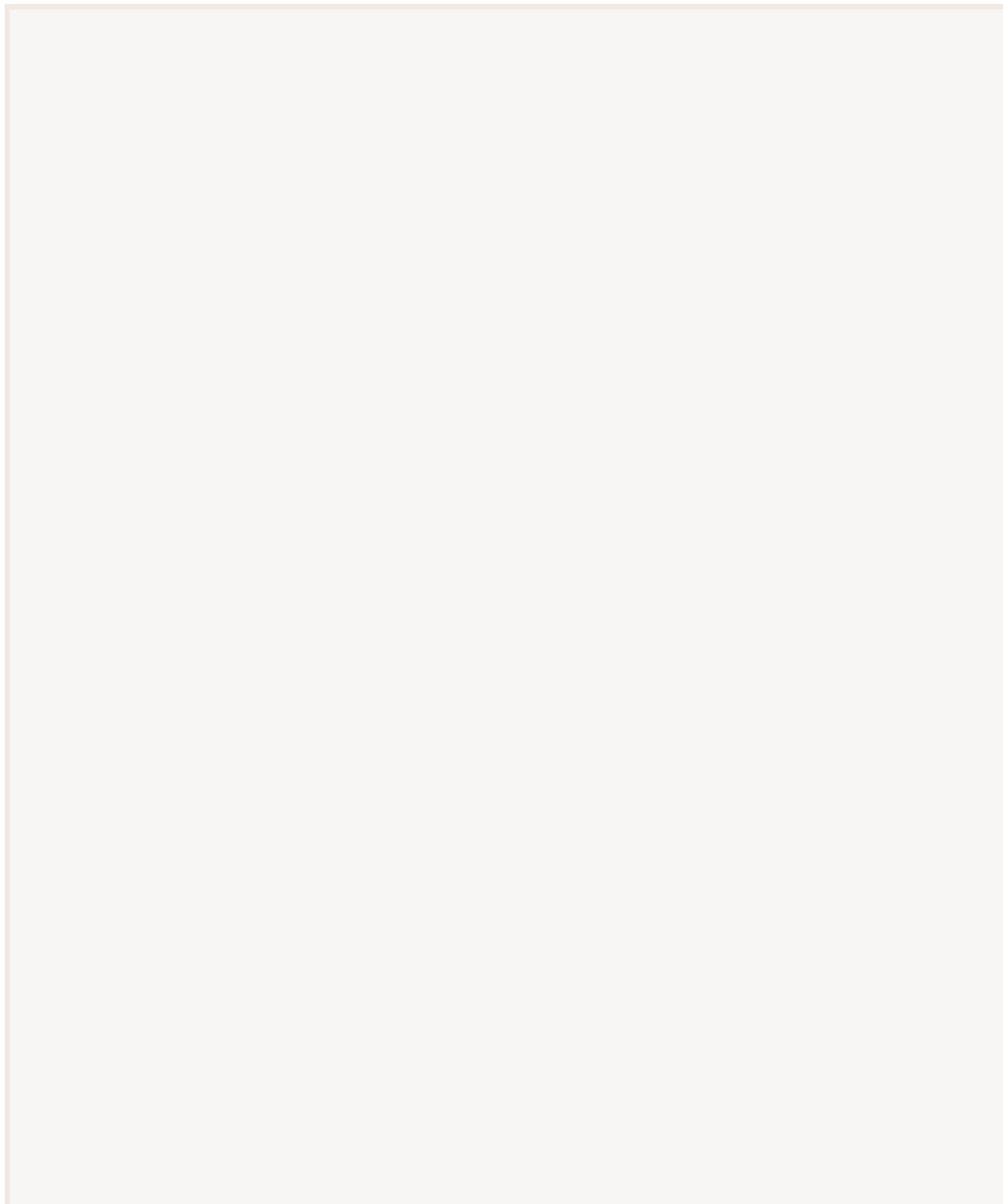
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Growing up, how did your parents “cope” with your sensitivity? Did they see it as a strength or weakness? Did they even see it at all?



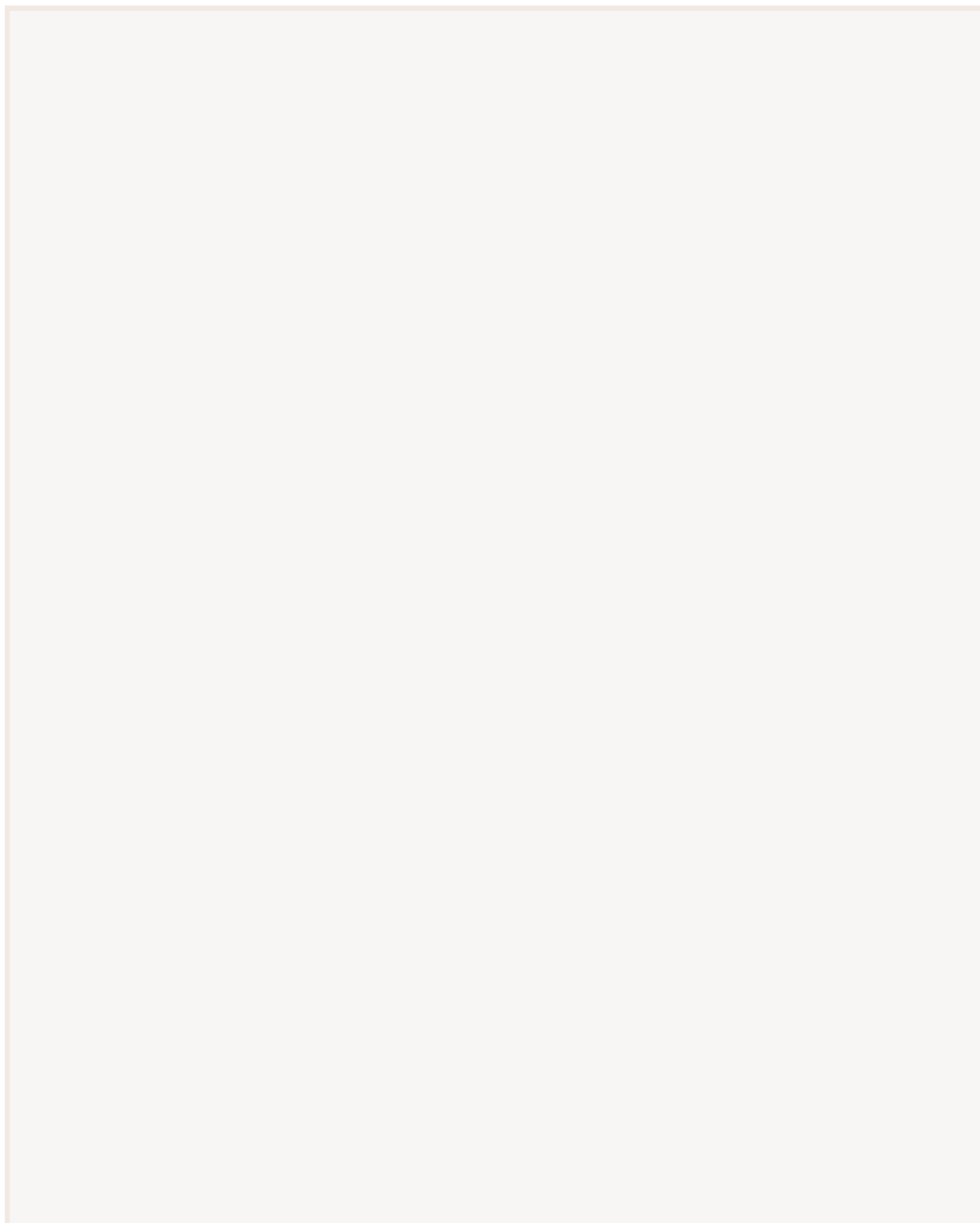
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**What is your idea of self-care? Do you take care of yourself every day?
Do you honor your sensitivity? What could you improve or implement?**



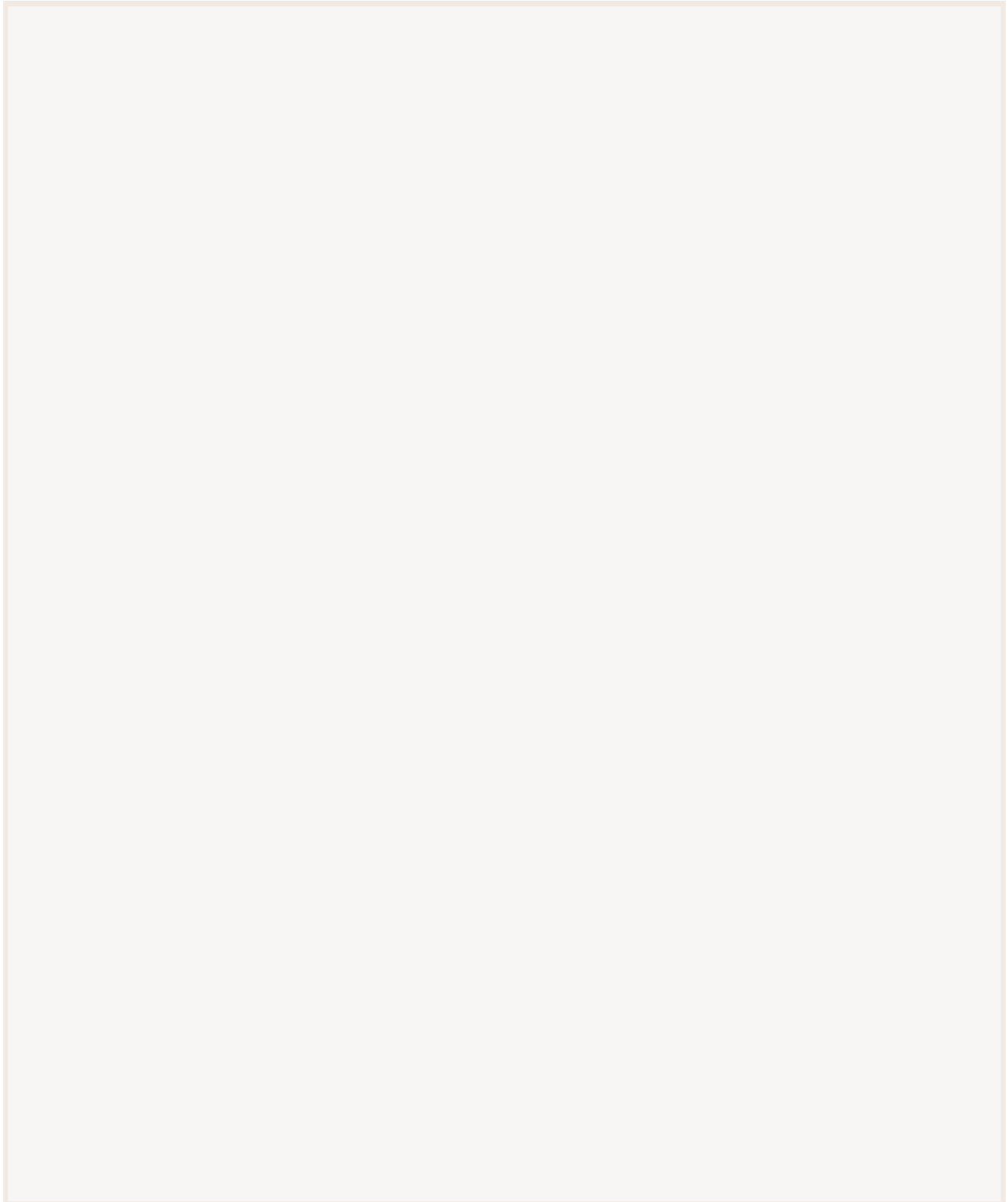
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What gives you energy? What exhausts you - type of people, situations?



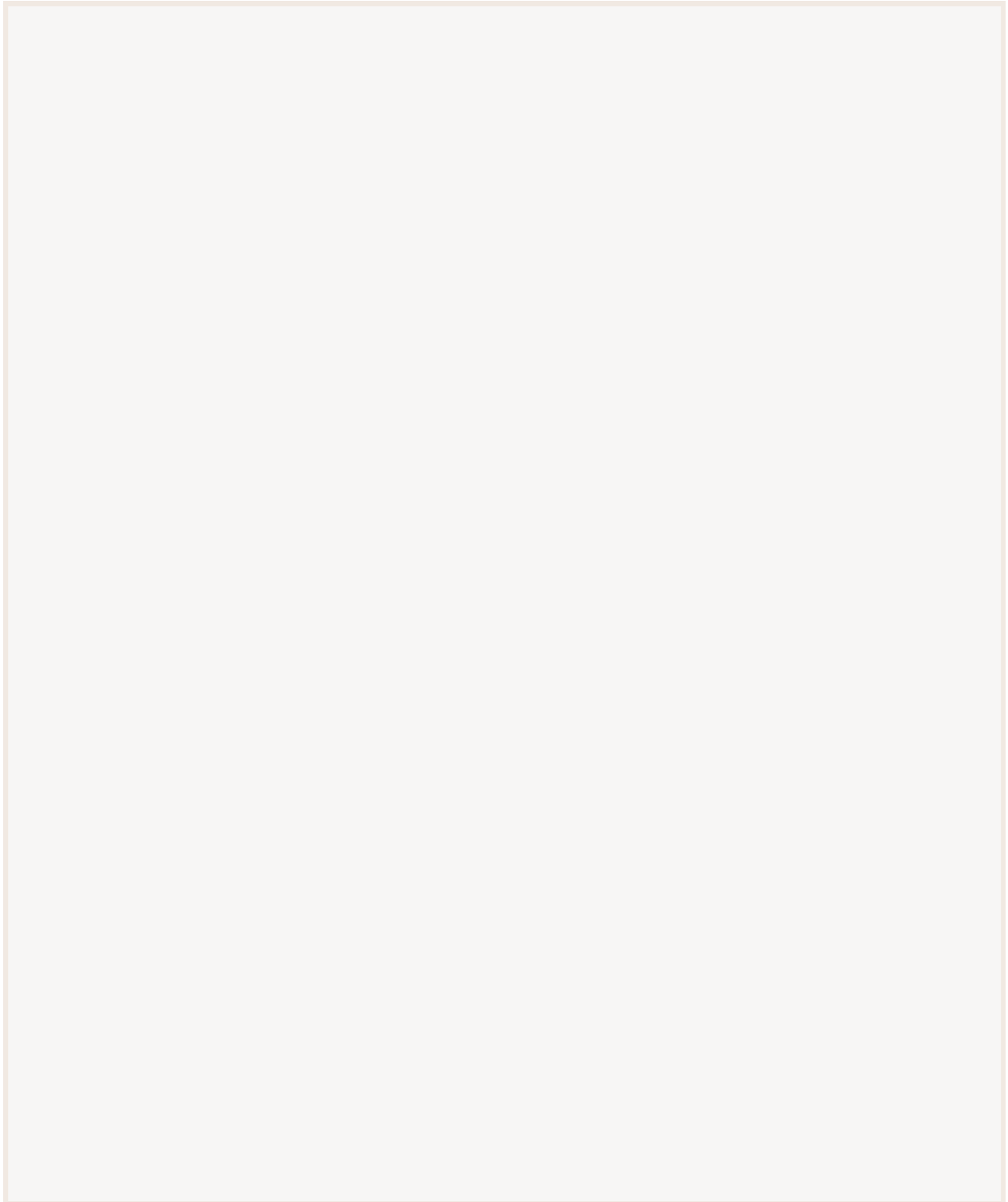
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What is your worst memory relating directly to your sensitivity? How do you feel about it today?



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What can you learn from people who appear to be less sensitive than you? What about those who are also sensitive?

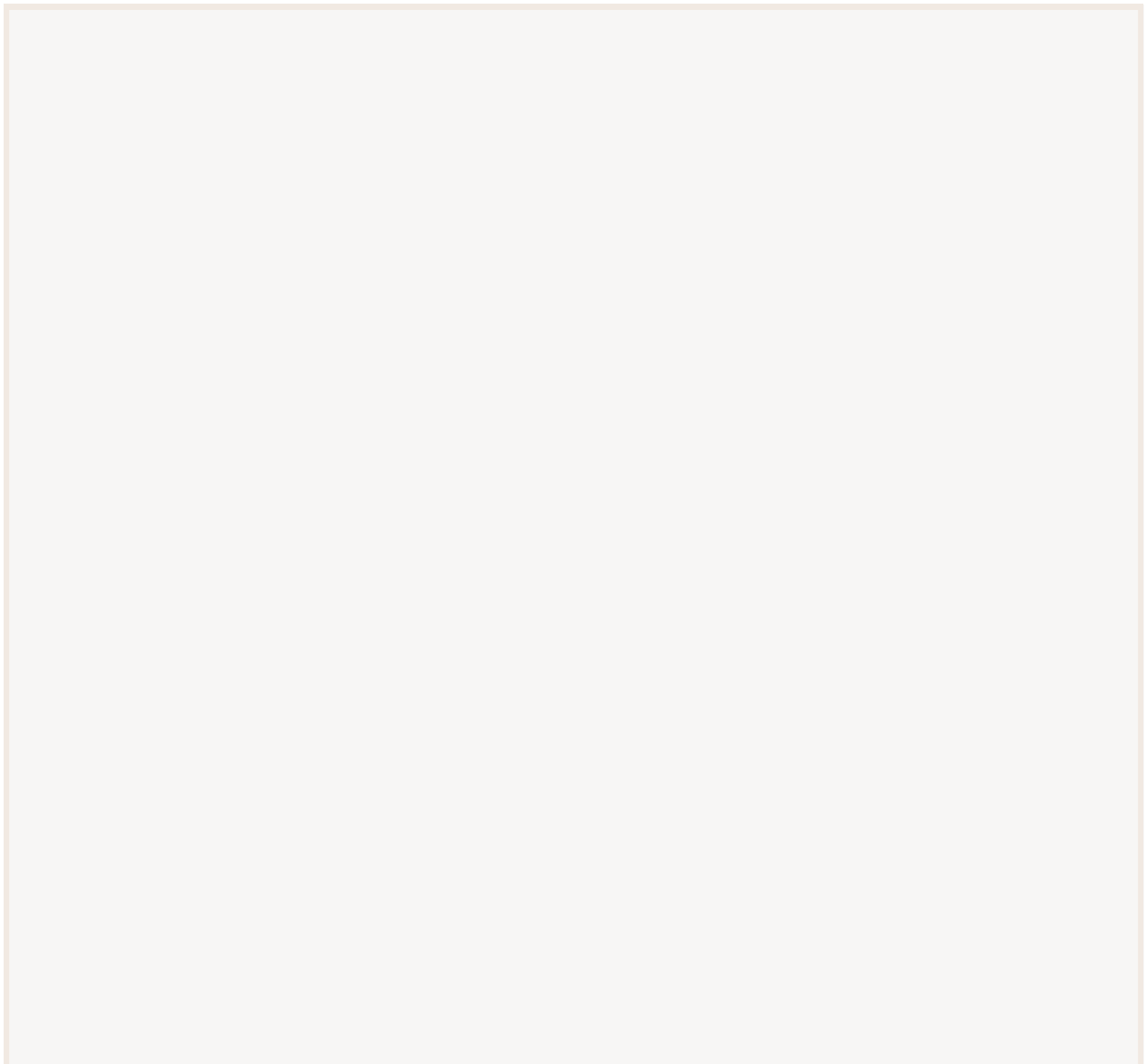


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If you could change your sensitivity level, would you do it? If you answered yes. Spend a few minutes writing down why. Then read what you wrote again...

Now take a deep breath and place one hand on your heart. Have compassion for this person who they are and believe that they need to change something about themselves.

Take a few more minutes, or as long as you want, and write down all the reasons why you don't need to change because your sensitivity is precious and a gift. Be as you are.



**I hope these journal prompts have offered you
moments of clarity, softness, and discovery.**

**Take your time with them - there's no rush. Some questions may feel
light and easy, others may ask you to go deeper.**

Let it unfold at your own rhythm.

**This practice is not about perfection, but connection... with yourself,
your emotions, and the beautiful sensitivity that makes you you.**

**If at any point you feel the need for guidance or a gentle hand
to help you explore what surfaces, I'm here.**

You can always reach out - we can walk through it together.

And if you'd like to go further, I invite you to read on my website:

<https://www.highlysensitiveempaths.com/>

✨ [18 Science-Backed Benefits of Journaling for Highly Sensitive People]

✨ [The Transformative Power of Journaling for Highly Sensitive People]

**Both articles dive deeper into why journaling is such a healing ally for
sensitive souls.**

**With warmth and sensitivity,
be you always... all ways.**

Valerie



highlysensitiveempath



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www.highlysensitiveempaths.com