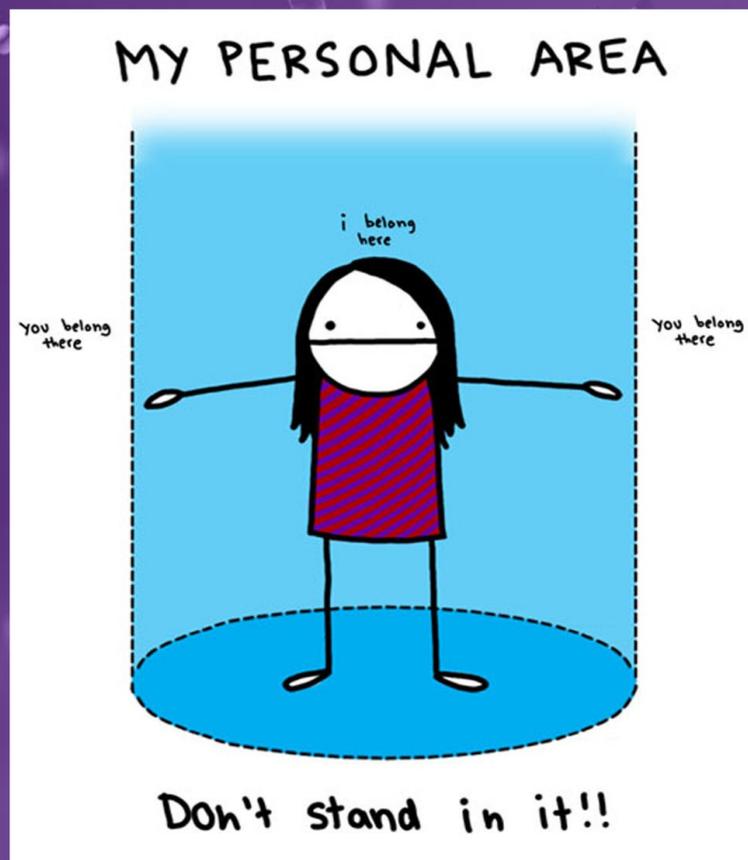


# High Sensitive Very Normal

Week 1

Online  
Training



Are you High Sensitive?

@ 2BeInBalance



# High Sensitive - Very Normal



## Introduction

Hi! Welcome to the On-line Training High Sensitive – Very Normal! My name is Barbera and 2BeInBalance is my company. With this training I hope to give you more information and tips on high sensitivity and what being a highly sensitive person means.

### **1 in 5 people is high sensitive**

About one in every five people is highly sensitive. Impressions, sounds and smells can be overwhelming. If you do not know your own user manual that well, you can experience this sensitivity as negative and as a pain in the butt. In this on-line training I hope to give you knowledge and insight into yourself and your high sensitivity, into your user manual.

### **What you will learn in this on-line training:**

- ✓ What is high sensitivity?
- ✓ What does it mean to be a highly sensitive person?
- ✓ What to do when you are overwhelmed by emotions?
- ✓ How to not let other people and their emotions and energies bother you.
- ✓ How to function better and how to be able to stay grounded.
- ✓ The secret to getting energy from your unique (high sensitivity) gift
- ✓ What kind of job best suits you, so that you can have fun at your job and earn money with a job that suits your unique gift.

This on-line training takes 5 weeks and you can follow it from your home and in your own pace. You can start immediately with the information and the exercises and get to know yourself and your own user manual. It is also possible to start at a later date. You just leave my e-mails in your inbox until you are ready.

During the training you can ask me questions in a special [Facebook group](#) or [via e-mail](#). It is also possible to receive extra coaching if and when you need it.

[Look at my website for that.](#)

The exercises in this training are intended to help you get more insight into yourself and your high sensitivity. If you don't like an exercise or if you feel you already know this part, you can just skip the exercise. Follow your intuition, do what feels right and what suits you!

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## Who am I?

Hi, I am Barbera Schouten and I am a highly sensitive person. A couple of years ago I found myself in a burn-out. The way out of that burn-out was unnecessary long and hard. I had to figure out a lot myself, because the standard route that was offered to me did not help. That standard program did not take into account my high sensitivity in combination with my burn-out.

My way and my experiences have inspired me to start my own business in helping highly sensitive people to be(come) their effortless selves. I offer 1 on 1 coaching, courses and workshops to do just that. To be able to help even more people, I now developed this on-line training.

## My mission

My mission is to help highly sensitive people, with or without a burn-out, to be(come) their effortless selves, so that they feel good again and enjoy living.

## My Vision

In my company 2BeInBalance I work from a holistic perspective. This means that I look to you as a whole and not only look at your symptoms. I will look for the cause of your symptoms, the root of your problems. Not only physically but also mentally, emotionally and spiritually. I bring balance back to your body and your mind.

Kind regards,

*Barbera*



# High Sensitive - Very Normal



## What are we going to do?

### Week 1

In week 1 we are going to look at high sensitivity, we are going to look at the different types of highly sensitive people and how you recognize if you are a highly sensitive person or not. What does it mean to be a high sensitive person? How do I accept that I am a highly sensitive person? And how do I look at being a highly sensitive person in a positive way. And last but not least, what is the connection between high sensitivity and spirituality?

### Week 2

In week 2 we will dive a little deeper into what being a highly sensitive person means for you. We will take a look at the consequences of being highly sensitive and how you as a highly sensitive person can take good care of yourself. We will make our own HSP Rescue Kit and we will make a start with getting to know your own user manual. Making sure you get enough rest, to limit your impressions and how to be the boss of your emotions are also topics for this week.

### Week 3

In week 3 we will work on staying true to yourself. Topics this week are: How do I remain in contact with my body? What are my emotions and what are someone else's? How do I protect my boundaries? Am I aware of my personal space? How do I occupy my personal space? And how do I accept that I am a highly sensitive person with everything that goes with it?

### Week 4

In week 4 you will learn to protect yourself against emotions and energies of others. You will learn how to ground yourself and how to make your own morning and evening rituals to help yourself. We will discuss several protection techniques and we will look into which one suits you best.

### Week 5

In this last week we will look at what jobs are appropriate for you as a highly sensitive person. Other topics include: What is my calling? How do I recognize my talents? What are my pitfalls and how do I do something that I actually enjoy? Last but not least I will tell something about what high sensitivity is NOT.

# High Sensitive - Very Normal



## Week 1: What is High Sensitivity?

### Chapter 1: What does it mean if you are highly sensitive?

Some people are more intelligent than others and some are more sensitive than others. Someone who is more sensitive is called “Highly Sensitive” or “HSP”, a “Highly Sensitive Person”.

An HSP is, more than average, sensitive to impressions and stimuli from the environment. An HSP also notices more signals and details than a less sensitive person. All of these impressions are more thoroughly and more extensively processed than a regular person processes them. What others perceive as normal, like big crowds or loud music, can quickly overwhelm an HSP. They become overly stimulated by literally too much (strong) stimuli.

High sensitivity is a quality of the nervous system in combination with the brain. About 20% of the people is highly sensitive. It is probably something you inherited from your parents. You see this trait in both men and woman, but also in the animal population. It is not an illness, but a trait, just like blue eyes or blond hair. This is evidenced by the research of Elaine Aron, an American psychologist and a university teacher and founder of the concept of HSP.

[In this movie she explains in her own words what an HSP is.](#)

[For an HSP test, click here](#)

## Tip!



Tip 1: Acknowledge to yourself that you are an HSP

Being high sensitive is not something that will pass.

You don't 'have' it, you ARE it.