

“For the Woman Who Feels Too Much”

EPISODE 9



A gentle reset for honoring your sensitivity without carrying everyone else's emotions.

✦ Reflection

Your sensitivity is not something you need to fix. Feeling deeply can bring empathy, intuition, creativity, and meaningful connection, but it can also become exhausting when you feel responsible for everyone else's emotions.

You don't have to harden your heart or become less sensitive to find peace. Learning to recognize what belongs to you, what doesn't, and when to create healthy boundaries allows you to honor your depth without losing yourself in the process.

✦ Journal Prompts

- When have I felt that my sensitivity was a weakness rather than a strength?
- What emotions or responsibilities have I been carrying that may not belong to me?
- How can I create healthier boundaries without closing my heart?
- What reminders can I give myself to pause and reflect on what I am actually feeling? Ask is it mine. What do I need to know or release?



✦ Weekly Reset Practice

Place both hands over your heart and feel your feet on the ground. Breathe in gently for 4 counts and exhale slowly for 6 counts. Repeat three times. With each exhale, imagine releasing emotional weight that isn't yours to carry. Silently repeat: "My depth is safe with me. I can feel deeply without carrying everything."



✦ Gentle Reminder

You don't have to harden your heart to protect your peace.

Your sensitivity is a gift, and you deserve to experience it with awareness, compassion, and healthy boundaries.

See you next week in The Reset Room

Enjoyed this week's reset?

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New episodes and companion resources are released weekly.
The Reset Room | A space to pause, reflect, and begin again.