A SENSITIVE AND QUEER JOURNAL

21 days of self-discovery

A 21-day video and journal series for **highly sensitive LGBTQ+ people** who want to understand, explore and celebrate both parts of who they are.

This journal belongs to _____

WELCOME

Hello sensitive and queer reader

Welcome to your 21 days of self-discovery. This journal goes alongside a short video series made for people who are both highly sensitive and LGBTQ+. Each day has a video and a page of gentle prompts to help you explore, understand and celebrate these parts of yourself, and the ways they shape each other.

Take your time. This isn't about finding the "right" answers or perfecting yourself, it's about showing up with curiosity and kindness for who you are right now. If a day doesn't land, skip it and come back later, or spend two days on one page.

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How to use this journal

Print the pages single-sided on A4 and keep them together in a folder or clipped to a board. Use a pen, doodle in the margins, and add extra paper on the days you have more to say.

Meeting your sensitive self

Watch the Day 1 video, then find a quiet spot, grab a pen and write whatever comes. There are no right answers.

REFLECT

1. What does being highly sensitive mean to you?

2. Why is it important for you to learn more about being highly sensitive?

3. How does being highly sensitive shape your daily experiences?

Exploring environments

Watch the Day 2 video, then find a quiet spot, grab a pen and write whatever comes. There are no right answers.

REFLECT

1. **What environments make you feel most grounded, open, calm and comfortable, and why?**

2. **How can you create more of these spaces in your life?**

Emotional boundaries

Watch the Day 3 video, then find a quiet spot, grab a pen and write whatever comes. There are no right answers.

REFLECT

1. **Write about your emotional boundaries. What are they for you?**

2. **Which ones are strong?**

3. **Which ones need strengthening?**

Sensitivity in relationships

Watch the Day 4 video, then find a quiet spot, grab a pen and write whatever comes. There are no right answers.

REFLECT

1. How does your sensitivity influence your relationships?

2. What do you need others to understand about your sensitive nature?

Energy rhythms

Watch the Day 5 video, then find a quiet spot, grab a pen and write whatever comes. There are no right answers.

REFLECT

1. **Reflect on your energy levels. What does a day, week, month or season feel like for you?**

2. **What depletes you?**

3. **What restores you?**

Embracing your sensitivity

Watch the Day 6 video, then find a quiet spot, grab a pen and write whatever comes. There are no right answers.

REFLECT

1. **Describe a moment when your sensitivity felt like a superpower.**

2. **How did it help you understand yourself or others better?**

Writing a letter to your sensitivity

Watch the Day 7 video, then find a quiet spot, grab a pen and write whatever comes. There are no right answers.

REFLECT

Write a letter to your sensitivity, acknowledging both its challenges and gifts.

Dear sensitivity,

Your queer identity

Watch the Day 8 video, then find a quiet spot, grab a pen and write whatever comes. There are no right answers.

REFLECT

1. What does being LGBTQ+ mean to you right now?

2. How has this understanding evolved over time? Has it changed?

Moments of pride

Watch the Day 9 video, then find a quiet spot, grab a pen and write whatever comes. There are no right answers.

REFLECT

1. **Write about a moment when you felt proud of your identity.**

2. **What made this moment meaningful or powerful for you?**

3. **What emotions did you notice in that moment, and what do you feel remembering it now?**

Sensitivity and queerness

Watch the Day 10 video, then find a quiet spot, grab a pen and write whatever comes. There are no right answers.

REFLECT

1. **How does being both highly sensitive and LGBTQ+ influence how you move through the world?**

2. **In what situations do you notice this most?**

Acknowledging the whole you

Watch the Day 11 video, then find a quiet spot, grab a pen and write whatever comes. There are no right answers.

REFLECT

1. **What parts of your identity do you express freely?**

2. **What parts do you hold back? Why?**

The power of chosen family

Watch the Day 12 video, then find a quiet spot, grab a pen and write whatever comes. There are no right answers.

REFLECT

1. **Write about your chosen family and support system. Who are they for you?**

2. **Who makes you feel seen and accepted?**

Caring for yourself in difficult times

Watch the Day 13 video, then find a quiet spot, grab a pen and write whatever comes. There are no right answers.

REFLECT

1. How do you practise self-care when facing discrimination or other hard situations?

2. How can you support yourself and your response?

Looking back with compassion

Watch the Day 14 video, then find a quiet spot, grab a pen and write whatever comes. There are no right answers.

REFLECT

Reflect on your journey of self-discovery as an LGBTQ+ person. What wisdom would you share with your younger self?

Embracing the power of your identity

Watch the Day 15 video, then find a quiet spot, grab a pen and write whatever comes. There are no right answers.

REFLECT

1. What unique strengths come from being both highly sensitive and LGBTQ+?

2. How do these qualities enhance each other for you?

Your innate resilience

Watch the Day 16 video, then find a quiet spot, grab a pen and write whatever comes. There are no right answers.

REFLECT

1. **Write about a challenge you've overcome.**

2. **How did your sensitivity and identity contribute to your resilience?**

Being yourself

Watch the Day 17 video, then find a quiet spot, grab a pen and write whatever comes. There are no right answers.

REFLECT

1. What does authentic self-expression look like for you?

2. What small steps could help you express yourself more freely?

Your sensitivity can make things better

Watch the Day 18 video, then find a quiet spot, grab a pen and write whatever comes. There are no right answers.

REFLECT

1. How can you use your sensitivity to create positive change in your community?

2. What is one small act of kindness, advocacy or creativity you could offer this week?

Setting new boundaries

Watch the Day 19 video, then find a quiet spot, grab a pen and write whatever comes. There are no right answers.

REFLECT

1. **What boundaries do you need to set to protect both your sensitive nature and your authentic identity?**

2. **How can you kindly communicate these boundaries to others in a way that feels safe and empowering?**

Letting yourself dream

Watch the Day 20 video, then find a quiet spot, grab a pen and write whatever comes. There are no right answers.

REFLECT

1. **Write about your dreams and aspirations. How do your unique perspectives shape your vision for the future?**

2. **What small step can you take now to move closer to one of those dreams?**

Reflecting and moving forward

Watch the Day 21 video, then find a quiet spot, grab a pen and write whatever comes. There are no right answers.

REFLECT

1. **Reflect on your growth over these 21 days. What have you learned about yourself during this journey?**

2. **What will you carry forward?**

THANK YOU

You made it to day 21

Thank you for spending these 21 days with your sensitivity and your queerness. Whatever you wrote, and whatever you left blank, it all counts. Come back to these pages whenever you need a reminder of what you know about yourself.

You are not alone.

You are powerful.

You are loved.

Be proud.

Take care,
Aimee

Keep going

- **Embrace your sensitivity workbook.** Free tools and reflections for seeing your sensitivity as a strength, at sensitiveandqueer.com/resources
- **The Sensitive and Queer newsletter.** Gentle, practical ideas for queer introverts and highly sensitive people, straight to your inbox.
- **Join our community.** A calm space to connect with other sensitive queer people.

Interested in coaching?

If you'd like support turning what you've discovered here into steady, grounded change in your work and life, coaching is a calm, unhurried space to do that together. Find out more at sensitiveandqueer.com

> *Community is the place where we find strength, acceptance and belonging as we are.*
>
> **bell hooks**