A SENSITIVE AND QUEER WORKBOOK

Embrace your sensitivity

Encouragement, reflection and a few gentle tools for **highly sensitive LGBTQ+ people** who want to see their sensitivity as a strength.

This workbook belongs to _____

WELCOME

Hello sensitive and queer reader

This workbook is designed for you, an amazing, sensitive and unique individual navigating the complexities of life as a highly sensitive queer person. Inside these pages you'll find some encouragement, reflection, and a few tools to help you embrace your sensitivity as a strength.

Remember, your emotions and experiences are valid, and this workbook is a safe space for you to explore them. Go at your own pace, skip around if you like, and come back to it whenever you need to.

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Say hello

If you have any questions, or want to say hello and learn more, follow us on socials **@sensitiveandqueer** or visit **sensitiveandqueer.com**

Sensitive and queer myths

In this section, we'll explore common myths about being sensitive and queer. Sensitivity is often misunderstood, but it's a powerful trait that enhances empathy, connection and self-awareness.

MYTH	TRUTH
MYTH **Sensitivity is a weakness in queer people.**	TRUTH Sensitivity is a strength. For many queer individuals, sensitivity enhances their emotional intelligence, empathy and intuition.
MYTH **Sensitive queer people are always shy or introverted.**	TRUTH Sensitivity doesn't automatically mean introversion. Sensitivity is more about how deeply a person processes emotions and experiences than how they interact socially.
MYTH **If you're queer and sensitive, you can't be strong or resilient.**	TRUTH Sensitivity and resilience often go hand in hand. It takes huge strength to be vulnerable in a world that may not always accept you. Queer people who embrace their sensitivity often show resilience and courage.
MYTH **Queer people are only sensitive because of their gender or sexuality.**	TRUTH Sensitivity isn't exclusive to queerness; it's a personality trait that exists across all identities.
MYTH **Sensitive queer people are less capable of leadership roles.**	TRUTH Sensitivity can be an asset in leadership. Sensitive queer leaders often have a strong sense of empathy, making them better at understanding others' needs and creating inclusive environments.

ACTIVITY

Which of these myths resonate with you?

How have these myths influenced your view of yourself?

Embracing your strengths

Your sensitivity is a source of strength, creativity and deep connection. Let's shift the narrative from viewing sensitivity as a weakness to seeing it as a superpower that enriches your life and relationships. What if sensitivity is one of your superpowers?

Your sensitivity allows you to perceive the world in bright colours, and it connects you deeply to your emotions and those of others. Here are some affirmations that might help you recognise your sensitivity as a superpower:

> *My feelings are valid and important.*
>
> *I use my emotional intelligence to connect with others.*
>
> *Sensitivity enhances my creativity and intuition.*
>
> *I am worthy of love and acceptance for who I am.*

ACTIVITY

List your strengths as a sensitive person (write down at least five)

1. _____
2. _____
3. _____
4. _____
5. _____

Create your own personal affirmation (a sentence that celebrates your unique qualities)

I am _____

_____

> *Sensitivity is your superpower. It is not a weakness, it's an energy. If you focus on it and stop running from it, you can become your most powerful self.*
>
> **Glennon Doyle**

Self-care tools and spaces

A supportive environment gives your nervous system somewhere to settle, and that is essential for nurturing your sensitivity. Here are some tips to help you create physical and emotional spaces that support your wellbeing:

- **Set boundaries.** Understand your needs and learn to communicate them with others, so you can set boundaries that protect your emotional wellbeing.
- **Environment.** Design a comfortable space in your home with items that bring you comfort. This could look like a cosy lamp, a scented candle or a soft chair.
- **Mindfulness practices.** Try some meditation, deep breathing or journaling to help you reconnect with yourself and your needs and desires.
- **Find your people.** Look for supportive communities, both online and in person, that celebrate your queerness and sensitivity.

ACTIVITY

Design your ideal self-care space

Sketch or describe what your space looks like. What makes you feel safe, nourished and empowered in it?

> *Self-care is not self-indulgence; it's self-preservation.*
>
> **Audre Lorde**

Emotional awareness and expression

Your emotions are signals, carrying useful information about what you need and what you long for, and your body often picks them up long before your thinking mind catches up. Have you been honouring your full emotions, or suppressing or masking them to hide part of yourself or to please other people?

Find somewhere comfortable, take a slow breath, and let your emotions have a voice for a moment, gently and without judgement. Keep it simple.

STEP 1
Acknowledge and allow feelings

→

STEP 2
Express them in healthy ways

→

STEP 3
Reflect on what your emotions are telling you

ACTIVITY

Emotions journaling (write down recent emotions you've felt and explore them)

Emotion 1: _____

Why did you feel this way?

_____

What was the emotion telling you?

_____

Emotion 2: _____

Why did you feel this way?

_____

What was the emotion telling you?

_____

> *It takes courage to feel deeply and to allow yourself to be vulnerable. Our feelings are not burdens; they are powerful guides.*
>
> **Brené Brown**

Resilience and growth

Resilience is the ability to recover and find your feet again after a challenge, and sensitive people often have more of it than they give themselves credit for.

Your sensitivity can enhance your resilience. Resilience involves adapting and learning from experiences, and sensitivity allows you to understand and process emotions deeply, which is a key part of resilience. Looking back at what you have *already* come through can help you build confidence and strength for the future.

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Map out your resilience story (the challenges you've overcome and the strengths you've gained)

Challenge: _____

Strength gained: _____

_____

Challenge: _____

Strength gained: _____

_____

Challenge: _____

Strength gained: _____

_____

> *I believe that telling our stories, first to ourselves and then to one another and the world, is a revolutionary act.*
>
> **Janet Mock**

Finding your community

Finding community is vital for sensitive queer people. Connecting with others who share your experiences can offer support and encouragement, and help us know we are not alone.

Community can be active, where you engage with others, and we can also feel connection and belonging when we listen to other people's stories and experiences. We are social creatures, so I would encourage you to find some active spaces that have your people. Here are a few ways to connect with stories, or with others, on and offline. Tick the ones you'd like to try.

- [ ] LGBTQ+ groups and events, in person and online
- [ ] Queer-owned businesses and cafés
- [ ] Wellbeing spaces like yoga and meditation classes
- [ ] Queer book clubs
- [ ] Listening to podcasts from queer HSPs
- [ ] Reading books by queer HSPs
- [ ] **Join our Sensitive and Queer community** at sensitiveandqueer.com

ACTIVITY

What communities can you explore?

What qualities do you value in a community?

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

Your action plan

Now that you've explored a little more about your sensitivity and queerness, it's time to create your personal empowerment plan. This plan will support you as you go and help you stay tuned in to what you need to thrive. It includes:

- **Daily affirmation.** One affirmation you'll say to yourself each day for a week (write it in the first person and make it positive and emotional).
- **Self-care practices.** Three self-care practices you'll commit to this week.
- **Community engagement.** A plan to connect with someone from your support network, or explore a new community to join, this week.
- **Personal growth goal.** One goal for the next month that will support you in loving your queerness and sensitivity.

THE PLAN

My daily affirmation is:

My self-care practices are:

1.

2.

3.

I will look for my community at:

My personal growth goal for the month is:

> *Not everything that is faced can be changed, but nothing can be changed until it is faced.*
>
> **James Baldwin**

THANK YOU

Thank you

Thank you for taking the time to explore your sensitivity and queerness through this workbook.

I hope you embrace who you are and explore your sensitivity as a gift that can add to the *colour* of the world.

You are not alone.
You are powerful.
You are loved.
Be proud.

Take care,
Aimee

COACHING

Interested in coaching?

Are you a highly sensitive LGBTQ+ person who wants your work and life to feel more like your own? Maybe you're ready to move from overwhelm into steady, grounded action, with a little more confidence along the way.

Coaching gives us a calm, unhurried space to explore what matters to you and to shape a work and life that fits who you are and how your nervous system works. Get in touch if you'd like to know more about personalised coaching.

sensitiveandqueer.com

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JOIN OUR COMMUNITY
A space for queer introverts and highly sensitive people