

Highly Sensitive People

A SUPPORT GROUP

How many of the following questions could you answer "True" to about yourself?

- Are you very affected by other people's moods?
- Do you startle easily?
- Are you very sensitive to pain?
- Do things like loud noises, bright lights, and strong smells overwhelm you?
- Do you tend to be conscientious?
- When you were a child did your parents or teachers label you as shy or sensitive?
- Do you become upset when there is a lot of stimulation going on around you or when you have a lot to do in a short amount of time?
- Are you troubled by the brief or long term effects of arousal such as anxiety, migraines, insomnia, or upset digestion?
- Have you suffered from depression?
- Do you need to withdraw during busy days for quiet and relief from stimulation?

IF YOU ANSWERED YES TO MANY OF THESE QUESTIONS you're not alone. 15-20% of the human population are born with a highly sensitive nervous system. Of that, 70% are introverts and 30% are extroverts. You may be surprised to discover that you're not flawed and that there's nothing really wrong with you. It's just that we live in a culture that's biased against being highly sensitive.

This group is based on the book, *The Highly Sensitive Person—How to Thrive When the World Overwhelms You*, by Elaine N. Aron, Ph.D. Consider joining this small supportive group with others like yourself. Together in a quiet peaceful redwoods setting, you'll discover the advantages of being highly sensitive, as well as strategies for dealing with over-arousal.

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Ongoing Weekly Soquel Group. / Sliding Scale, \$15-25 per session

For more information, or to schedule a free interview, call:

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