

HIGHLY SENSITIVE PEOPLE

ASK YOURSELF

During the Coronavirus pandemic everyone may feel they are more sensitive than usual or on edge, but if you take a look at yourself in ordinary times, what do you notice about yourself?

1. Do you cry when watching a commercial or movie on tv, listening to a song on the radio, hearing a person tell a personal story?
2. Do you feel the weight of the world on your shoulders most of the time and feel you have to do something about it?
3. Can you walk into a room and know exactly what just happened whether it be an argument, a joke, a serious conversation?
4. Do you need time alone to recharge?
5. Do you feel your life purpose is to do something creative, or make the world a better place?
6. Are you sensitive to light, smells, noises, touch and/or tastes?
7. Are you sensitive to other people's feelings?
8. Are you sensitive to people looking at or thinking about you?
9. Are you sensitive to others being disrespected or disrespectful toward you?
10. Do you feel you have to hide your sensitivities from others?

If you answered "Yes" to these questions, then most likely you are a highly sensitive person. There are many, many more attributes that define a highly sensitive person. These are only a few highlighted traits.

ABOUT LISA LEWIS

I believe there comes a time in everyone's life where they need to reach out for help, whether for yourself, a child, or a loved one. **My goal is to help people feel better, so they can live a life that they want to live.**

I believe people reach out for therapy because something in their life is not working, whether it be emotionally, mentally, and/or physically, and they want to make a change. I believe participating in therapy is not only about walking out the door feeling good, it's about feeling whole again. Like when completing a puzzle. It's about fitting all the puzzles of your life into one whole complete piece.

With wholeness comes a sense of awe, relief, content, understanding, compassion, empathy, peace, and joy, not only for yourself, but for others as well. If you choose me as your therapist or not, I wish you the best in your healing journey!

