

# EMPATHS: YOUR SENSITIVITY IS YOUR SUPERPOWER

The English word *empathy* is derived from two Greek words—*empathia*, which means “passion,” and *pathos*, which means “to suffer.”

According to research, approximately 20 percent of the population is a Highly Sensitive Person (HSP), a term originally coined by psychologists Dr. Elaine Aron and Dr. Arthur Aron. If you identify as an HSP, then there is a strong probability that you are empathic too.

## HERE ARE 12 COMMON ATTRIBUTES TO KNOW IF YOU ARE AN EMPATH:

1. Others' moods impact your own mood without realizing it.
2. You experience synchronicities.
3. You have strong instincts and are intuitive.
4. Being in large crowds can feel overwhelming due to sensory overload.
5. Violent movies or images are extremely unsettling.
6. You feel deeply touched by acts of humanity.
7. You are drawn to beauty in both art and nature; this is primarily because your brain processes information and reflects on it more deeply.
8. You're introspective and spend time on a regular basis thinking about the meaning of life.
9. People tend to tell you their problems, even strangers, and comment that you're a good listener.
10. You prefer spaces to be clean and clear of clutter.
11. When someone isn't telling the truth, you have a gut feeling about it.
12. You may be in, or have a history of, codependent relationships.

Empathy is the capacity to understand others' feelings and honor their experiences, even if it's different from your own perspective. An empath will likely root for the underdog in a situation such as a sporting event.

An empath not only feels for someone—they feel with someone, sometimes even taking on their pain or suffering. Caring about another's feelings is a lovely trait to have, but literally taking on another's feelings can be extremely disruptive to the health and well-being of an empath.

They can feel easily drained at an emotional and physical level, since empaths tend to be a magnet for people who are quite negative in nature, or full-blown “energy vampires.”

If you've ever been told you're “too sensitive,” realize that it's all about perspective. Because the truth is, while being an empath does come with challenges, it can be your greatest superpower if you understand the intricacies.

## HERE ARE 5 TIPS TO PROTECT YOUR ENERGY AND THRIVE AS AN EMPATH:

1. **Limit time watching news programs, which can be full of tragedy and negative stories. Of course it's important to keep up to date with world events, but keep tabs on the amount of energy you invest; don't get sucked into the drama.**
2. **Accept, trust, and value yourself just the way you are. Don't view being an empath as negative. You'll be amazed at what happens when you lean into owning your superpower. In Glennon Doyle's book *Untamed*, she explains, “The opposite of sensitive is not brave. It's not brave to refuse to pay attention, to refuse to notice, to refuse to feel and know and imagine. The opposite of sensitive is insensitive, and that's no badge of honor.”**
3. **Set boundaries. This is very important with people in your life, and be consistent too. It's likely that you often say yes to people, even when you want to say no. Take back control of your life and honor yourself.**
4. **Practice daily self-care: journal, meditate, take a walk outside, enjoy a salt bath. Because you tend to absorb others' energy, investing a few minutes every day to ground yourself will do wonders.**
5. **Energetically protect yourself every day, at least once a day. You can do this by imagining a white bubble of light around you. Another technique is to envision disconnecting energetic cords; this means that people who interacted with you throughout the day may have inadvertently “tied” their energy to you and you simply cut it off using your intention.**

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As an empath, remember that you are not responsible for the happiness of others. It's time to take back your (super) power and focus on empowering you.