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The Empath's Empowerment Journal

YOUR SELF-CARE COMPANION

BEGIN HERE

THE POWER OF FIRE

Fire helps you tap into your passion and creativity as an empath. Spend a day paying attention to where you encounter fire and heat. Fire represents your own inner light and vitality.

Let it shine!

What passionate, fiery qualities do I have?

What new ones would I like to develop?

When a loved one is stressed,
I practice these steps to center myself:

- I say to myself, "This is their emotion, not mine."
- I find a private place and inhale and exhale slowly.
- With each breath, stress floats away and dissolves.
- All around my body I see a shield of white light that repels tension and negativity.
- Only positive energy can flow in and out past this shield.
- I come back to my loved one feeling more positive, protected, and balanced.

What other steps do you take to protect yourself from absorbing the emotions of others?

List 3 negative messages you received about your sensitivity growing up.

Write in big, bold letters next to them:

THIS IS NOT REALITY. THIS IS NOT TRUE.

I am a loving, empathic person.
I am not “too sensitive.”

My sensitivity is a strength because:

I embrace my sensitivity through:

I celebrate my sensitivity by: