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# Surviving Life Dramas

## The Silence Of The HSP

*Proven Strategies from Renowned Counselor Karen Gosling – Raising the Bar on Emotional Excellence!*

See Page 4 to Register for this 10-Seminar Series!

Emotional Wealth Academy

The Silence Of The HSP (Highly Sensitive Person): Learn to recognize the difference between adrenalin floods from various stimuli and fear of something being wrong!

**H**ighly Sensitive People (HSPs) are not in a more aroused state all of the time. They are not "chronically aroused" in day-to-day life or when asleep. They are just more aroused by new or prolonged stimulation.

A HSP's nervous system seems designed to react to subtle experiences, which also makes them slower to recover after there has been a reaction to intense stimuli, in other words it takes them longer to "get over" things than a non-HSP.

The HSP has intensities of feelings. Things are never just good – they are great, or fantastic. And when things are bad, they are dreadful. The HSP never feels guilty – he feels *really* guilty; never just hungry – but *starving*.

HSPs believe they have a monopoly on bad feelings. They don't. They simply deal with their negative emotions differently. Non-HSPs need to understand this; HSPs are not on a different planet.

As an HSP myself, I'm excited to be guiding you on this journey to discover how the silence of the HSP can empower your life and increase your emotional wealth – *Karen Gosling*



**Karen Gosling** is the creator and publisher of the *Surviving Life Dramas* series of ten seminars, books, CDs, DVDs, and advisory programs.

**Karen Gosling** welcomes you to *Gosling International* and the *Emotional Wealth Academy*. Based in Singapore since 1998, our vision is 100 million GEMs worldwide practising the Science of Emotional Wealth by 2010. Our programs are about being emotionally wealthy. How many of you want to learn to be MORE emotionally wealthy? How about a LOT more emotionally wealthy? Great because that's what we are all about. Karen and Dr Mike Gosling, the World's Emotional Wealth Coach, are uniquely qualified to speak on that topic having helped make tens of thousands of people emotionally wealthy in over 30 years. Will one of them be you? Join The GEM Club email list at [www.goslings.net](http://www.goslings.net) and receive your FREE monthly copy of **The Emotional Leader** newsletter.

Highly Sensitive People (HSP's) really do exist! In fact they make up about 20 per cent of the population. The HSP has a sensitive nervous system, a basically neural state, and it is mainly an inherited trait. The sensitive person has a brain that is sensitized to threat, and instructs the body to produce adrenalin at the first hint of there being a stimulus that could in any way be dangerous to the person.

Being HSP means you are more aware of your environment, as your brain is constantly "on alert" to potential danger, even to ordinary things like dark clouds or wet pavements. You will be more aware of what people are doing around you. You will be more easily overwhelmed in a highly stimulating environment for too long, bombarded by sights and sounds until you are exhausted in a nervous-system sort of way (eg crowds, a nightclub).

A certain amount of these stimuli can initially feel good to the HSP, but when it is too much, the stimuli become disturbing. The HSP often needs time to be alone, in order to give his nervous system time to calm down, in preparation for the onslaught of stimuli that will surely be experienced again all too soon.

HSPs are not in a more aroused state all of the time. They are just more aroused by new or a prolonged stimulation. Although the HSP needs some stimulation to feel good, he needs to feel in control of it. For example, he himself may play loud music and enjoy it, but if the neighbour plays loud music he may feel very upset (aroused).

The brain may interpret threat in any number of external stimuli (heat, noise, unpleasant smells, crowds, bright lights, scratchy clothing, food with strange

textures) or internal perceptions especially pertaining to being disapproved of, disliked or criticized. Any perceived threat results in an adrenalin response that gives the HSP an uncomfortable feeling prompting him to alter his environment in order to be more comfortable, or safer. For example, he may take off the t-shirt with the tag that is scratchy, or agree to take extra work in order not to be disapproved of. The HSP may have a strong adrenalin response (called flooding) to irritable tones, raised voices or a suggestion of conflict in his environment, regardless of whether or not the conflict is directed at him. He may startle easily.

Consequently, HSP's often experience a feeling of anxiety. The adrenalin arouses the nervous system, creating an 'anxious' feeling, even before the person can rationalize the situation. But once the brain recognizes the adrenalin arousal, it begins to "watch out" for any danger, and anxious thoughts then commence, 'what if' this and 'what if' that. This explains why sensitive people take things personally – they tend to react with greater distress to rejection or failure, take criticism more keenly and get more upset over arguments. The thoughts typically flow to the person's vulnerability at the time, which may be about his health, finances, relationships, children, work, being disliked, being inadequate – there is always something the brain will find as threatening to justify the physical anxious sensation.

### **Reactive or Avoidant (Fight or Flight)**

HSPs can feel out of step with the rest of the world, because they are in the minority. They are easily hurt or affronted when non-HSPs speak or interact with them in a way that the HSP would not,

and the HSP therefore cannot understand how others can be so direct, critical or confronting. Depending on his emotional style, the HSP may be quickly defensive and fly off the handle (reactive) or he may be taken aback (frozen) by comments or conflict, and 'shut down'.

Typically, the avoidant HSP will not challenge the interaction, but will withdraw and then dwell on the exchange, trying to understand what went wrong, especially, what did he do wrong, and why was the other person so nasty? Meanwhile the non-HSP has no awareness that anything is "wrong". He is not aware that the HSP's nervous system is now aroused and "hurting". Yet this is the reason the HSP calls him insensitive or mean. The reactive HSP is quick to blame, has intense anger outbursts, and usually recovers quite quickly.

The avoidant HSP takes time to "get over" emotional hurts as it takes time for the body to discharge the stored adrenalin. It can take up to 60 minutes for the body to return to normal after a strong adrenalin surge, such as in an argument with a spouse. This makes the HSP feel that it is almost impossible to "let go" emotional hurts. The HSP is known to dwell on things, thereby creating further arousals.

HSP's who withdraw usually find it difficult to confront or criticize. If they have something to complain about, they are usually so nice about it, the non-HSP does not even realize they are expressing displeasure. In which case, the situation may not change, resulting in the HSP withdrawing even further - the HSP feels not heard, not respected, insignificant and unimportant, but is too afraid to raise the topic again lest there be conflict. Because the HSP takes a long while to get over

hurts, or is anticipating further hurts, he is often cautious and careful about interactions. Due to the feeling of fear, he may stumble over words, or falter with his speech, stopping mid-sentence. This results in a perception that he is shy or introverted.

Alternatively, the HSP may come across to others as moody, sulking or uncommunicative. When an HSP withdraws, the non-HSP can feel shut out, excluded, punished, puzzled, blamed and cheated of companionship expected in a normal relationship. Understandably, this impacts on close relationships.

**H**ave you ever wondered if you are "at risk" for emotional distress or emotional constipation? If YOU think you, your partner, or child are, now's the time to explore your behavior further and learn how to enjoy your life to the fullest. Karen can assist you to understand where your emotions come from and how to deal effectively with your pain and emotional distress. For just \$130 per seminar you can receive everything you need to know about surviving your life drama; stop whining and start living. And there's more ...

**G**et Karen to coach you through tips, tools, and techniques to help you conquer your stress. Give yourself the benefit of her 30 years experience as an expert counselor and trainer working with thousands of clients from 73 ethnic groups in Australia and Singapore.

**W**ant to arrange a personal counseling consultation with Karen? Talk it over with her at the seminars. Or call +65-6281-5157 now to make an appointment.

HSPs must recognize the difference between adrenalin arousals (what the body has due to various stimuli) and anxiety (fear of something being wrong). For example, "What if he doesn't like me?" This can assist the HSP to stop the negative or fearful thinking that results in more flooding and thereby minimize his own adrenalin response. The expression "I am my own worst enemy," is one of someone who recognizes that her own thinking adds to her personal stress.

### **Discover How To Think The Way You Want To Think And Turn Your Life Dramas Into Massive Emotional Wealth**

You are what you think. By thinking differently, being aware of your body and your cognitive processes, you will be able to better manage your negative feelings and definitely deal with the way you behave toward others. Your behavior is a choice – you can be the person you want to be, every time!

### **Ten Surviving Life Dramas Seminars:**

If you are reading this Special Report on *The Silence Of The HSP* and you recognize some of the behaviors others have experienced, chances are that you may be "at risk" of emotional distress – emotional constipation. Karen wants you to have the opportunity to attend her series of ten seminars to learn for yourself how she can help you raise your emotional well-being and enjoy life.

Karen wants you to think through whether all those behaviors you have ever wondered about could be explained simply by understanding your adrenalin floods so that the question, "Whatever is the matter with you?" can finally be answered. Then register for the seminars.

### **Here's what Karen's clients say:**

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 "I read the material you gave me. I deal with every one of those symptoms day in and day out. I want to dedicate time with you and researching this deeply to learn how to experience normal thought patterns and life. Thank you! I am pleased to have found you."

"I've never felt in my whole life as good as I do now; physically and emotionally. I haven't had a migraine for goodness knows how long and I used to be plagued by them. My anxious and down feelings are gone – I feel optimistic and great, and in control. Best of all I have clarity about what (and who) is NOT good for me."

"The whole family wants to thank you, especially Joan. Ever since she talked to you, she told me, she feels perfectly fine. No more panic attacks. It's your voice, your reasoning and explaining to her to a point she understands, how not to expect what will not happen. Thank you again."

"We just want to say how grateful we were for the help you gave us. We may not be where we are without all your help."

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 Register online for this 10-seminar series ***Surviving Life Dramas: Stop Whining & Start Living*** with pre-eminent and experienced Counselor, Karen Gosling at:

<http://goslingsupport.com/survivinglifedramas/sld.html>

**Seminar Dates: April 12 & 26, 2008**

**Venue:** The Regent Singapore

**Fee:** \$130 per person per seminar

**Time:** Saturday 1:30 to 5:00 pm

**FREE BONUS** – Receive a surprise gift PLUS 2 DVDs + 2 CDs with transcripts post-seminar for each seminar attended.

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