

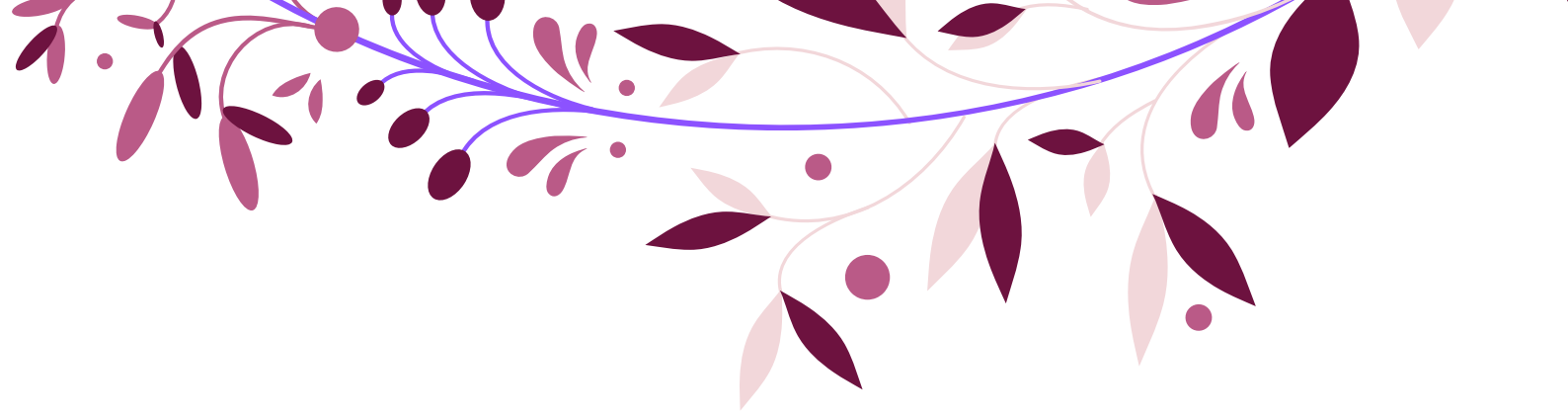


A SIMPLE GUIDE

Your Empath Comfort Kit

Empath Community

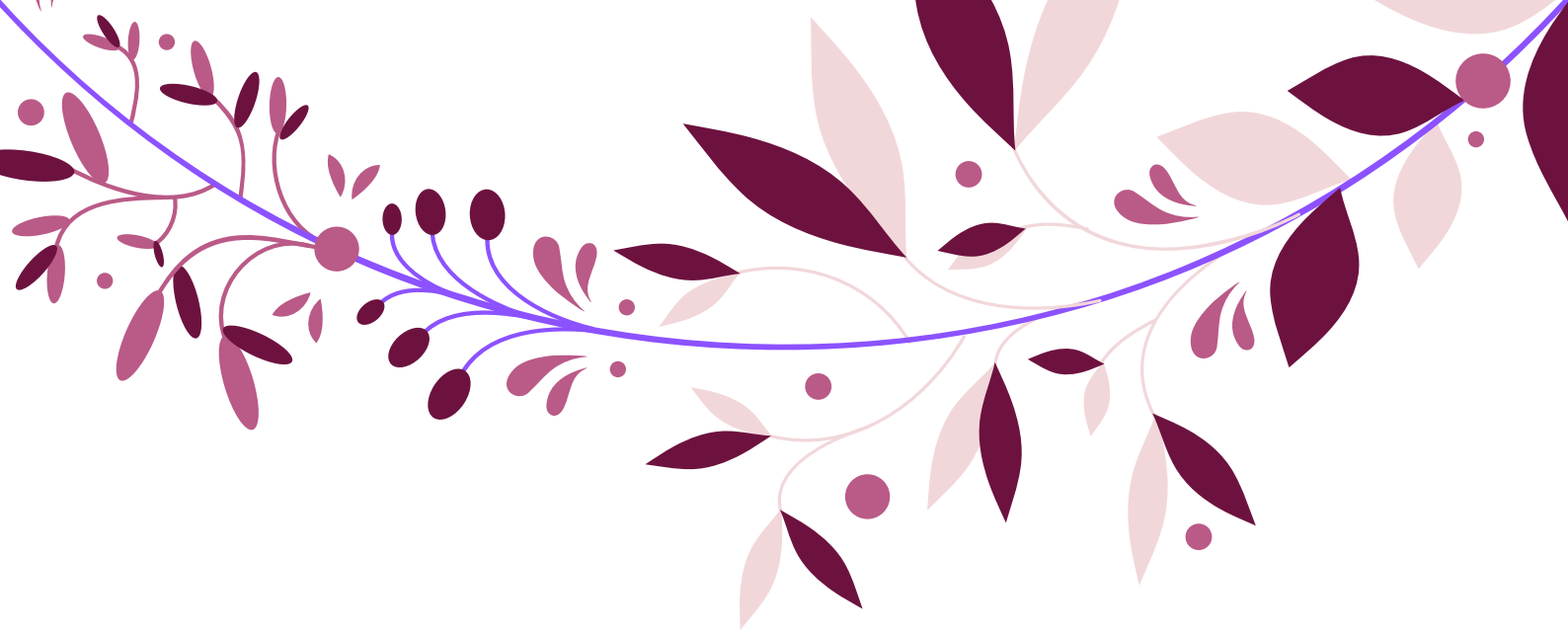
Gloria Coppola



So now you know !

People are still telling you that you are “too sensitive” and you (secretly) worry they might be right. You often feel wrong for being the way you are and doubt that will ever change.

You’ve gotten used to just being overwhelmed a lot and assume that that’s just what being a Highly Sensitive Person “is”. When it all gets too much, you retreat and hide away. You know this stops you from doing things that are important to you, but you’re not sure what else to do!



It can be hard but it's going to be ok!

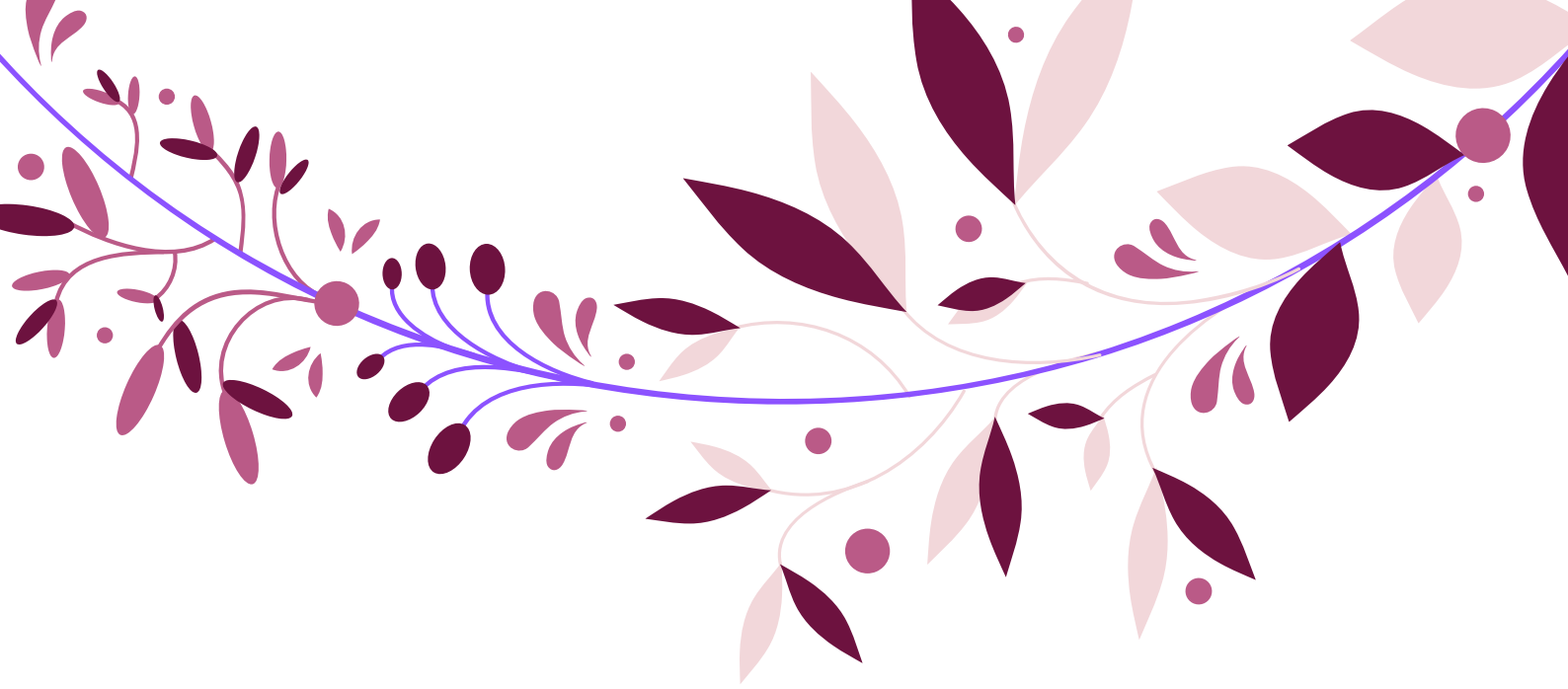
**There are doable steps you can take.
There are insights that can help you start
unraveling the overwhelm.**

**The way forward is not through one
dramatic, intense shift, but through
consistent small adjustments.**

**1, Reclaim your sense of worth concerning
your sensitive self!**

2. Bring your attention back to yourself

3. Redefine giving and receiving

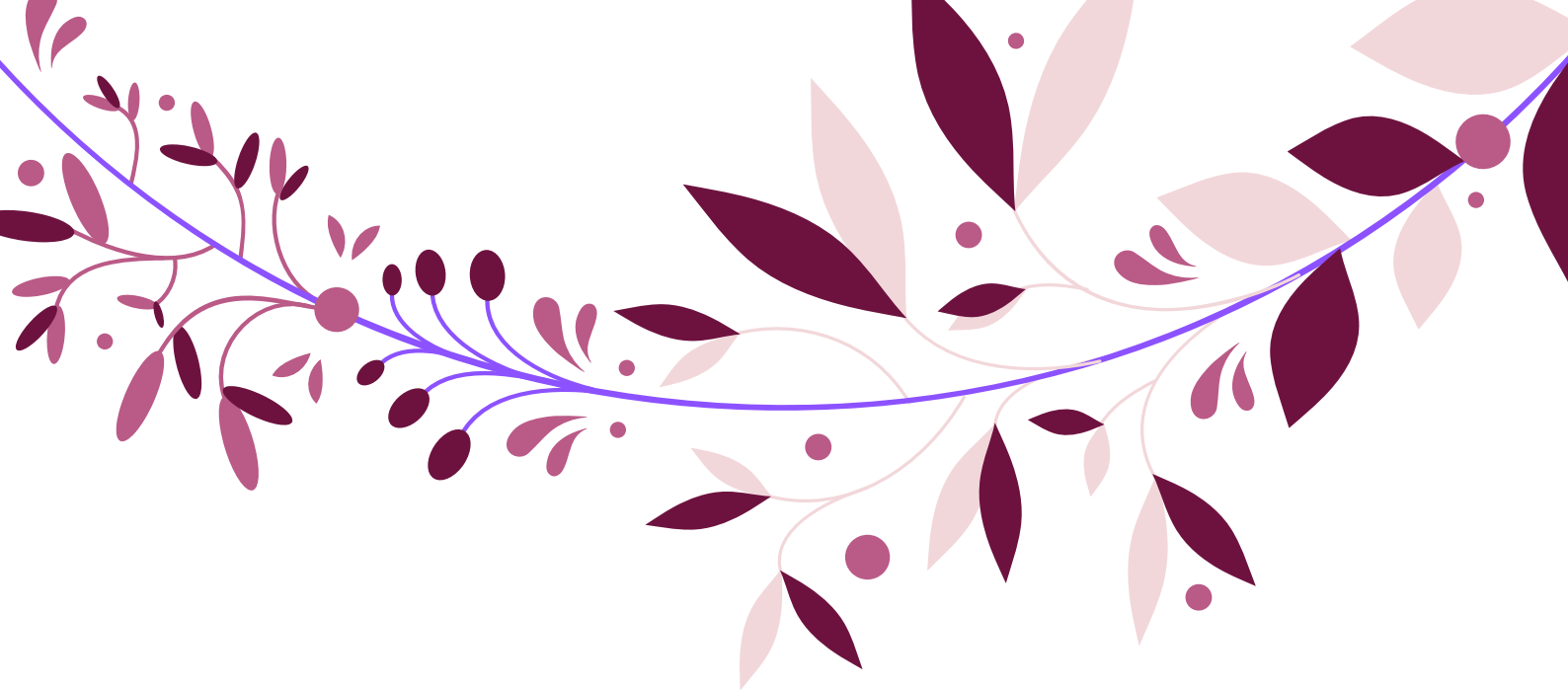


4. Avoid unnecessary stress with a process for pulling yourself out of fear patterns.

5. Stay connected to your body, you'll stop going into an inner tailspin.

6. Discern between what belongs to you and what doesn't

7. Reprogramme your subconscious so that you stop absorbing everyone's energy in the first place. Take charge of YOUR Life!



**It's time to own and learn how to
become a skilled empath**

**Consultations and Coaching
Available**

**If you desire to heal and develop
your skill sets and you are ready for
coaching contact me at
Gloria@GloriaCoppola.com**