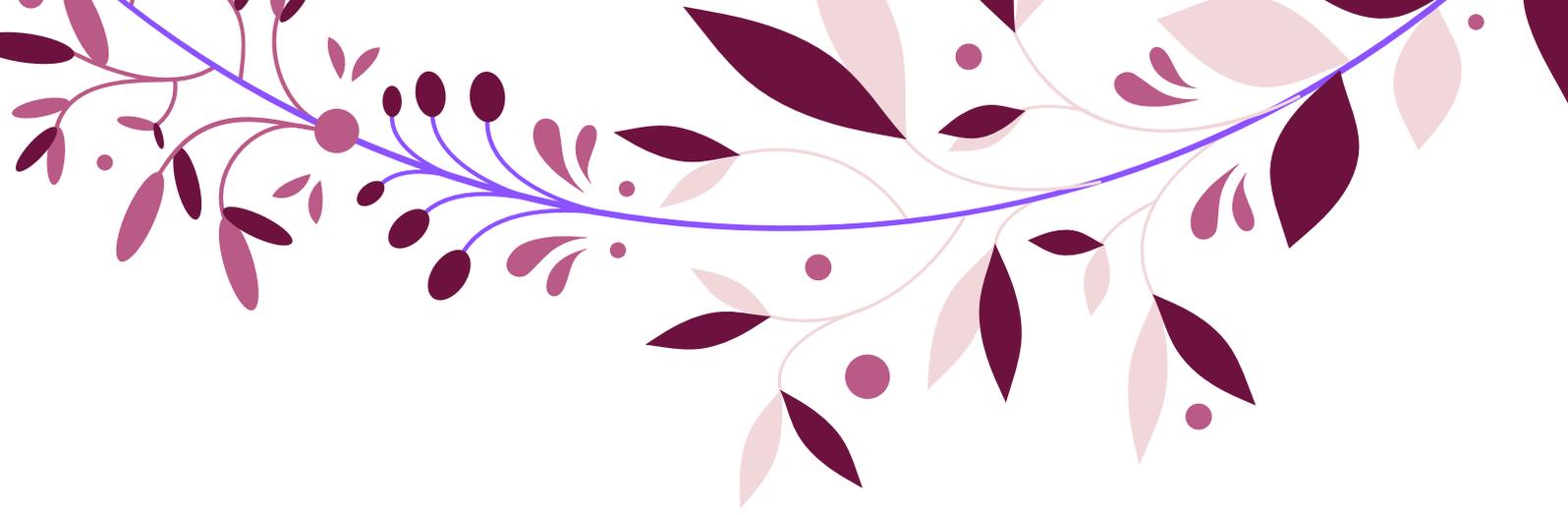


A SIMPLE GUIDE

*Spiritual
Awakening for
Sensitive People*

Empath Community

Gloria Coppola



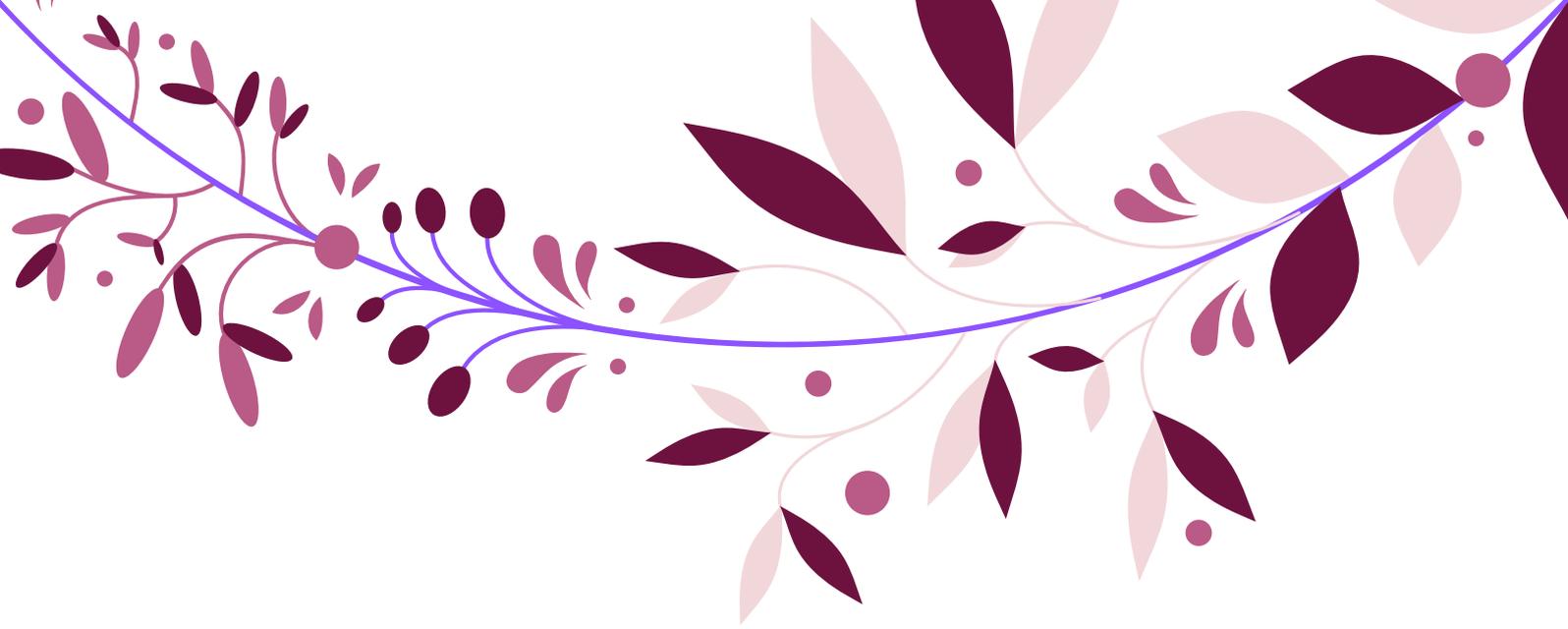
A natural state of being

Everyone has abilities

Children, animals, men and women!

Yes everyone

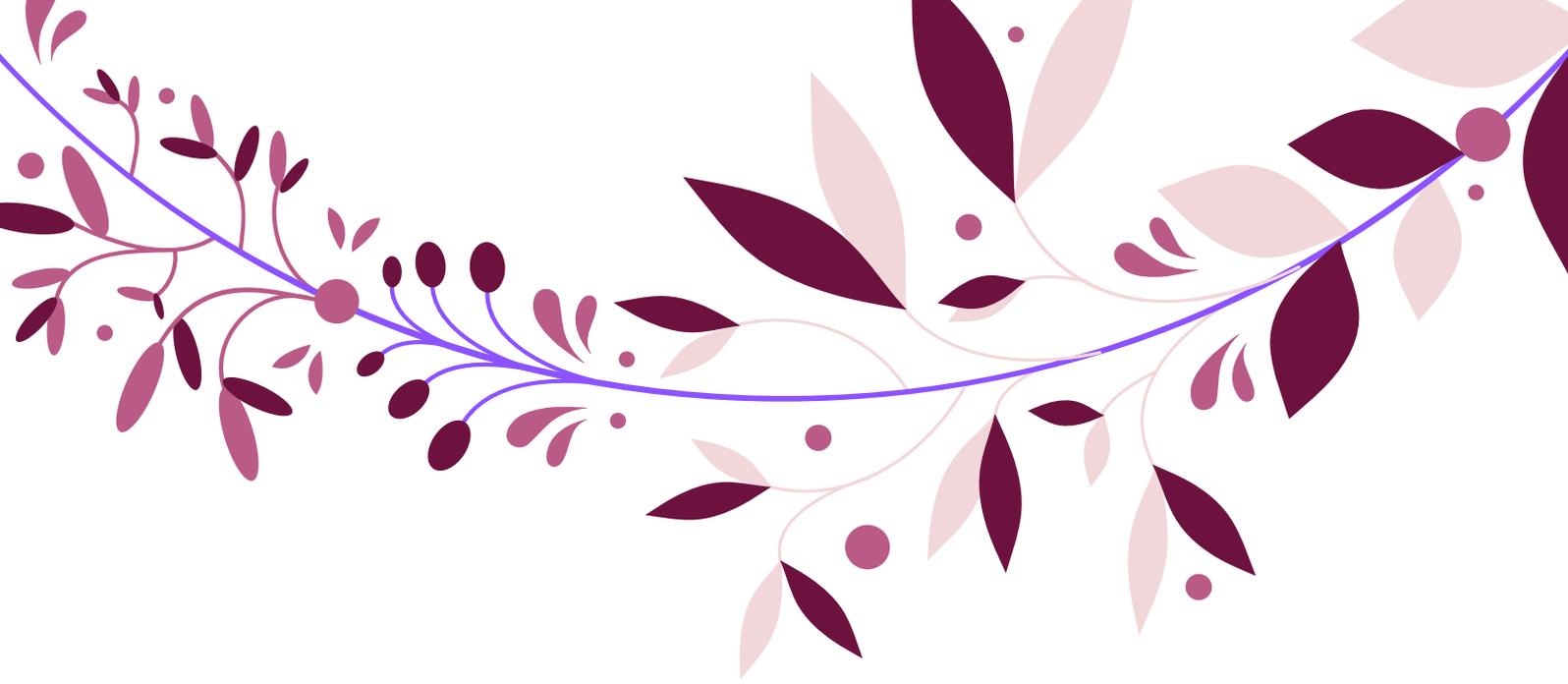
**Many have lost touch with their
natural state of being and their own
feelings because of all the fast
paced societal things that distract
us, processed foods and less time in
nature.**



A recent study at the University of Michigan revealed a dramatic decline in empathy levels among young Americans between 1980 and today, with the steepest drop being in the last ten years. The shift, say researchers, is in part due to more people living alone and spending less time engaged in social and community activities that nurture empathic sensitivity.

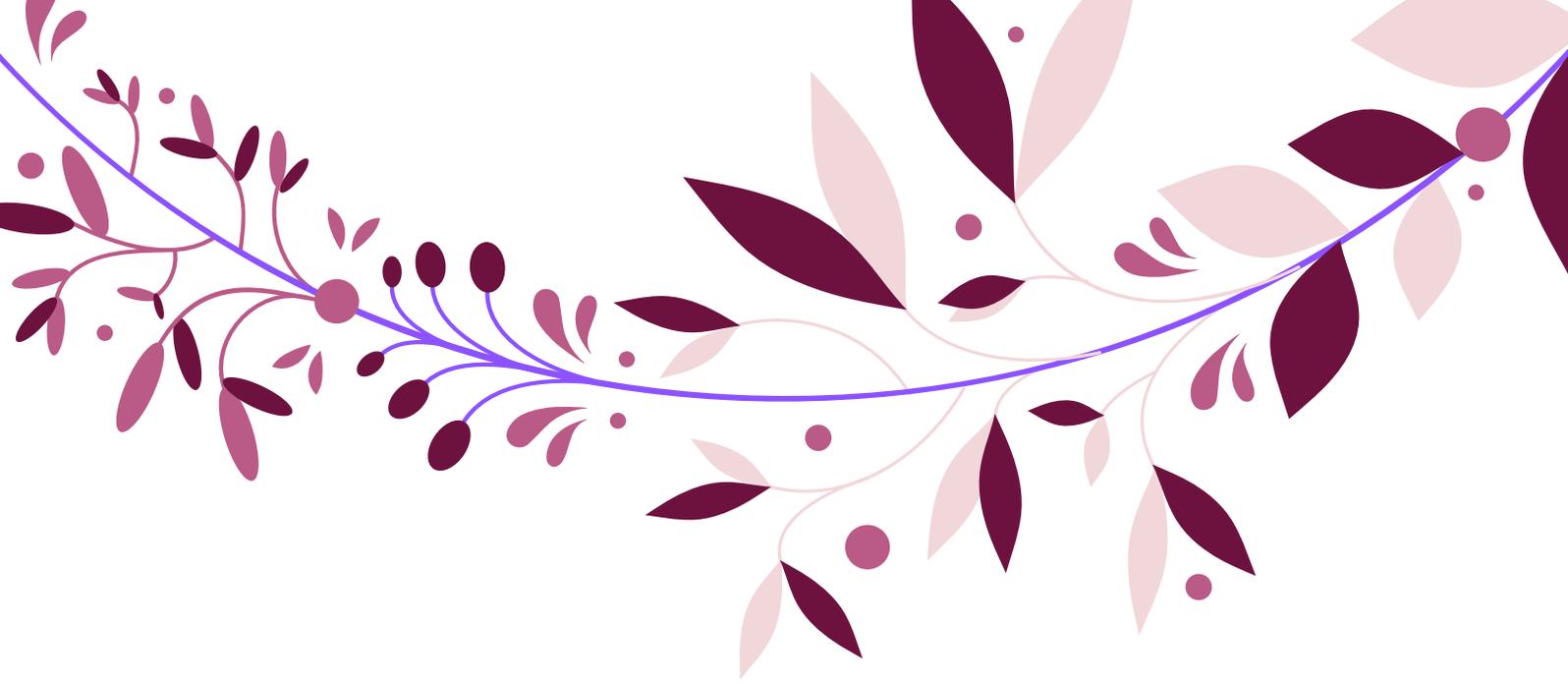
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**Roman Krznaric comments in his book “Empathy: Why it Matters and How to Get it”:**



**Alexithymia /,eɪlɛksə'θaɪmiə/ is a personality construct characterized by the subclinical inability to identify and describe emotions in the self.**

**The core characteristics of alexithymia are marked dysfunction in emotional awareness, social attachment, and interpersonal relating.**



**Symptoms of alexithymia include:**

**The inability to verbalize one's own emotions or the emotions of others.**

**Limited fantasy life and, among children, little pretend play.**

**Difficulty reacting appropriately to other people's emotions.**

**Struggling with empathy.**



## **TIPS TO BECOME HEALED AND HEALTHY!**

- 1. It is Not Necessary to Take Responsibility for Other People's Hurt**
- 2. Go into Your Pain Rather Than Trying to Escape from It**
- 3. Realize That as an Empath, You Are Not Immune to Projecting Your Feelings onto Others**



## **TIPS TO BECOME HEALED AND HEALTHY!**

**4. Self-Esteem Plays a Big Role in  
Your Ability to Deal with Your  
Empathic Traits**

**5. Shielding Is Not a Useful  
Technique - its a temporary one**

**If you desire to heal and develop  
your skill sets and want coaching**

**contact me at**

**[Gloria@GloriaCoppola.com](mailto:Gloria@GloriaCoppola.com)**