

(A TEENY EBOOK)

22 THINGS
EVERY
EMPATH
SHOULD
KNOW



Dr. BethAnne K.W.

It's not easy being an empath in this world. Empaths have special gifts of sensing, intuiting, perceiving, and feeling, so they usually fall outside the bell curve of what appears to be "normal."



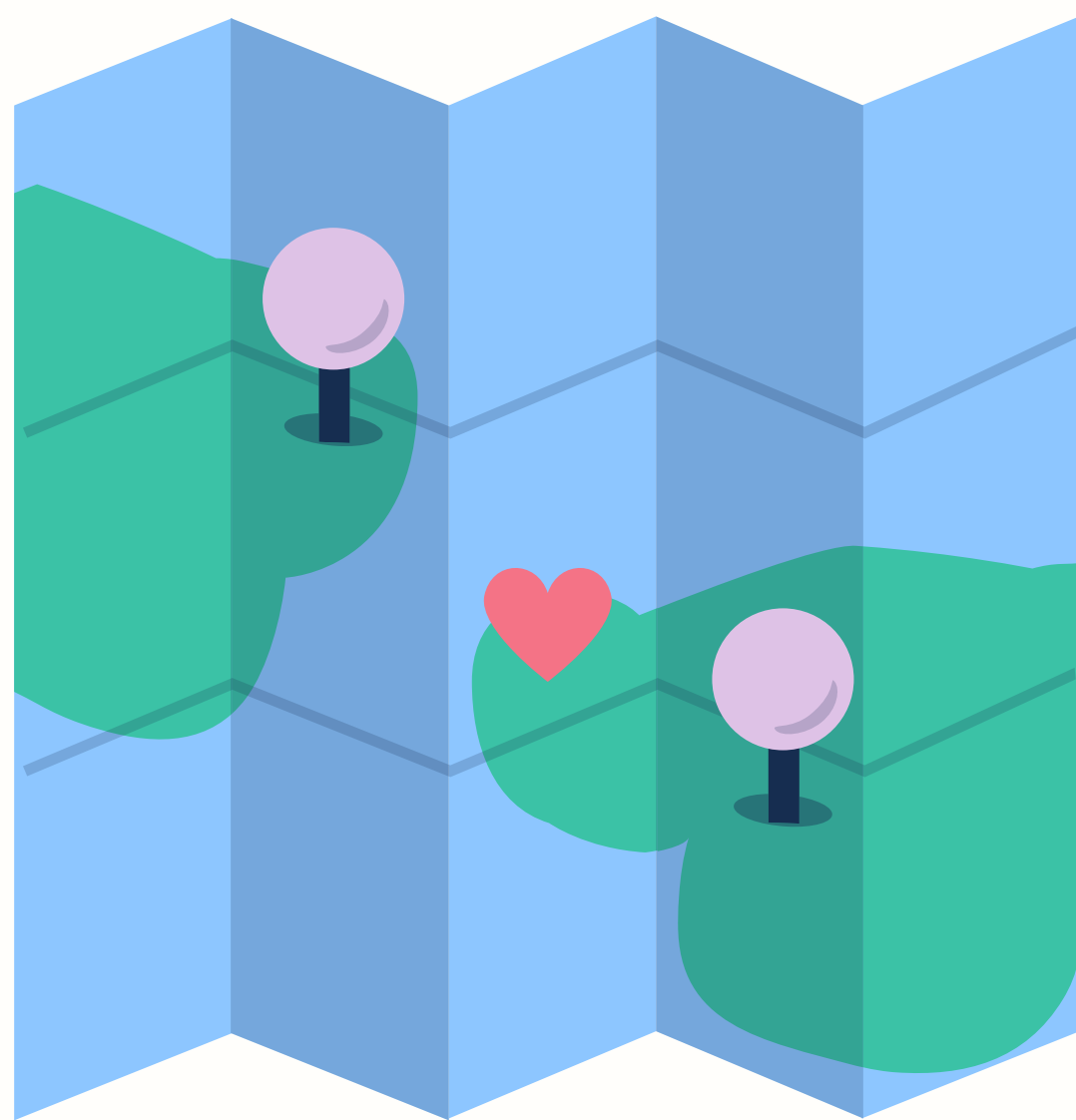
(WHICH OFTEN MAKES US FEEL LIKE OUR WAY OF BEING IN THE WORLD IS "WRONG.")

Since being an empath doesn't come with an instruction manual, we have to figure out how to manage ourselves and our gifts through trial, error, and experience.

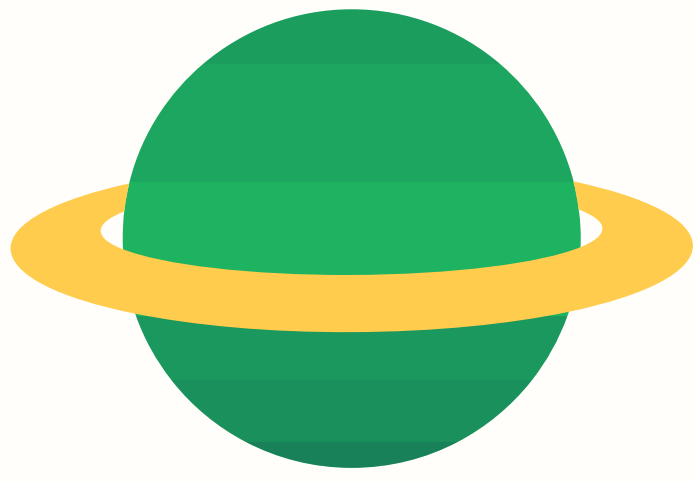


(AND EXPERIENCE CAN BE A CHALLENGING TEACHER WHOSE LESSONS ARE ENRICHING, YET DIFFICULT.)

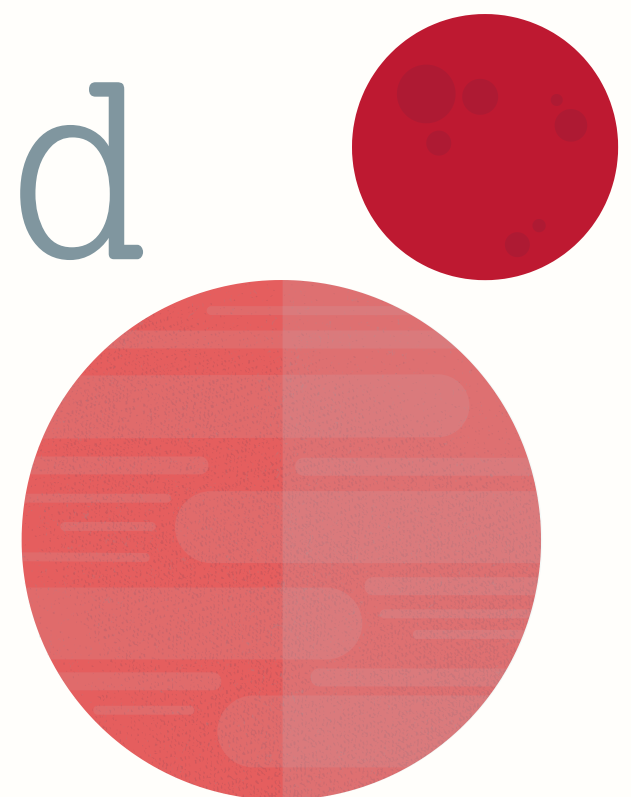
Which is *why* I think us
empaths need to figure
out *what's* "normal" for
ourselves and map out
our own terrain and
territory of *what* it is to
be an empath.



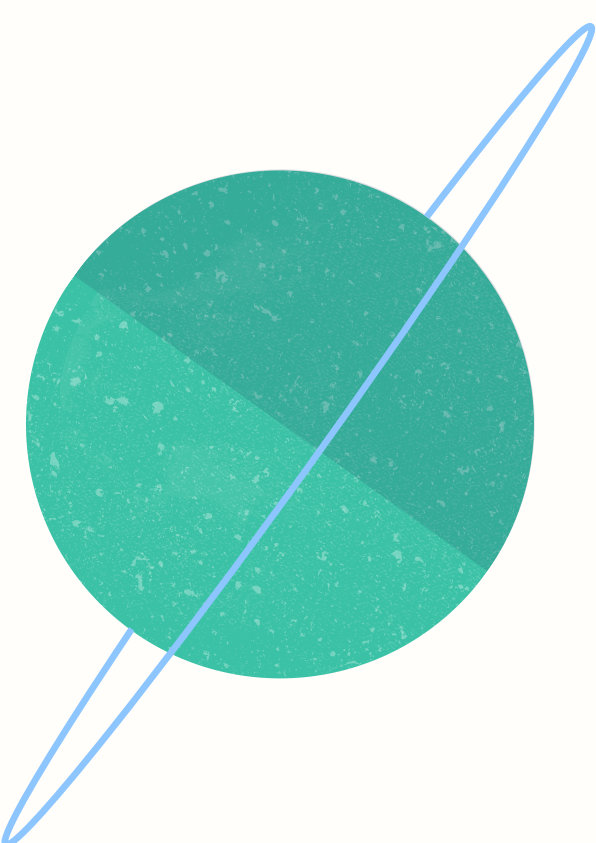
(FEEL FREE TO TAKE ANY IDEAS IN THIS
BOOK, MAKE THEM YOUR OWN, AND
CONSIDER HOW THEY INTERSECT WITH
YOUR UNIQUE WISDOM AND EXPERIENCE.)



So, to help make things just a tiny bit easier, here's 22 things I think empathaths should know!



(BECAUSE UNDERSTANDING, RESPECTING, AND NOURISHING THE CYCLES OF OUR INTERNAL UNIVERSE IS VALID AND VITAL TO THRIVING IN THIS WORLD.)



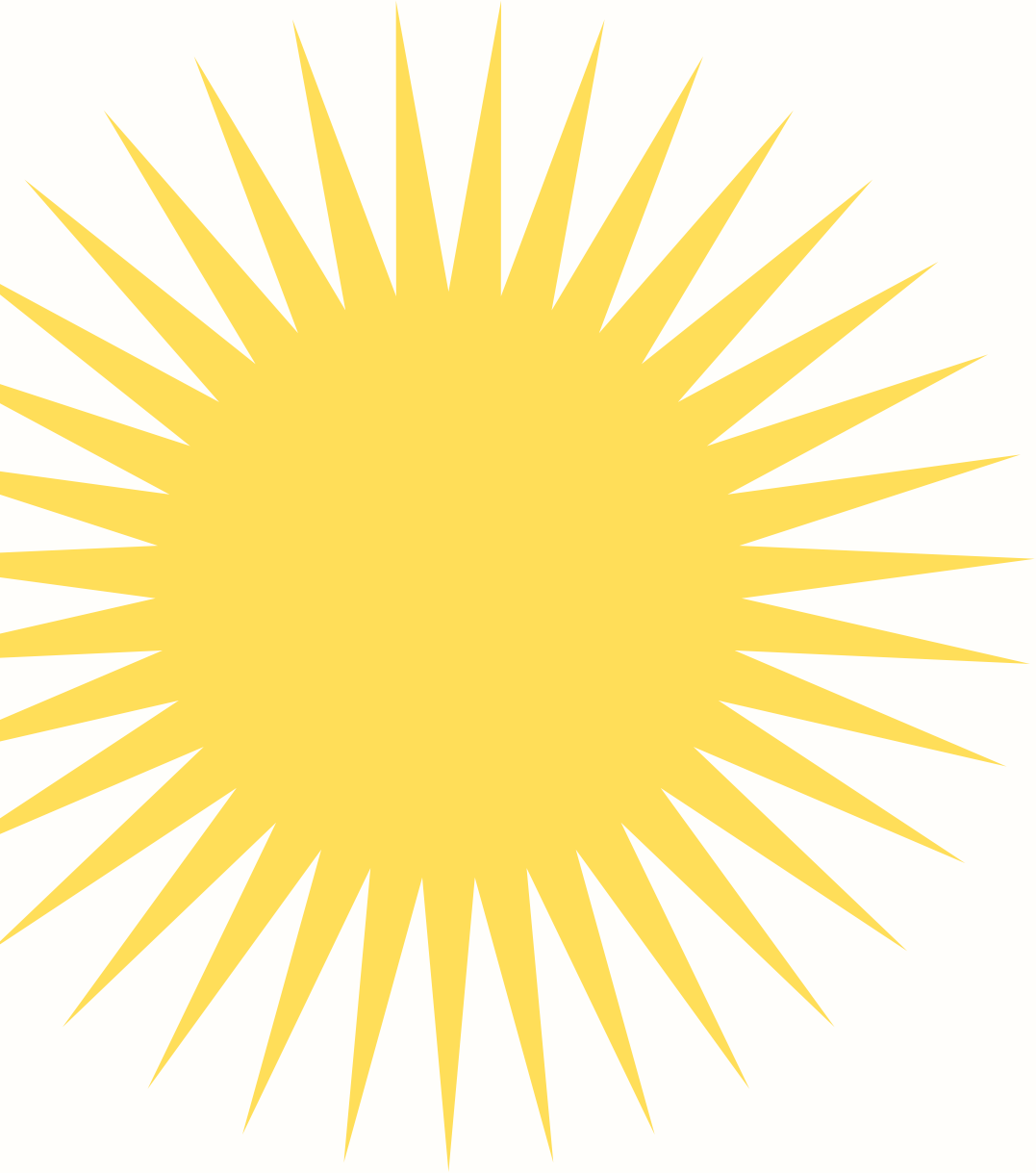


1.

Your way of being
in the world is
beautiful and valid!

(IF YOU ARE AN EMPATH, THEN
THERE IS A GOOD CHANCE
YOU'VE BEEN TOLD YOUR WAY
OF BEING IN THE WORLD IS
WRONG FOR MOST OF YOUR LIFE.
BUT PLEASE REMEMBER NOT TO
LET A NON-EMPATH'S
RELATIONSHIP WITH THE WORLD
BECOME YOUR RELATIONSHIP.
YOUR SENSITIVE AND
PERCEPTIVE WAY OF BEING IS
BEAUTIFUL, VALID, AND SO
NEEDED ON THE PLANET AT THIS
POINT IN TIME!)





2.

Energy hygiene is a
necessity, not a
luxury.

(EMPATHS ARE EXTREMELY ENERGY SENSITIVE. THEY FEEL OTHER'S ENERGY, AND IF THEY ARE NOT CAREFUL, THEY ABSORB IT AND SOMETIMES TRY TO PROCESS AND CONVERT IT FOR OTHERS. COMING UP WITH DAILY WAYS TO RENEW, RELEASE, AND REFRESH YOUR ENERGY- SO YOU CAN ACTIVELY CHOOSE WHAT YOU WANT TO HOLD SPACE FOR- IS AN IMPORTANT PART OF SELF-CARE AND SELF-LOVE.)

3.

You don't have to
attach to every feeling.

(EMPATHS HAVE THE CAPACITY TO FEEL THINGS TO THE DEEP. SINCE THEY TEND TO PICK UP ON OTHER'S EMOTIONS, EMPATHS NEED TO KNOW THAT SOMETIMES EMOTIONS ARE JUST INFORMATION PASSING THROUGH. WHEN YOU FEEL SOMETHING, CHECK IN WITH YOURSELF, SEE IF THE EMOTION FEELS RELEVANT TO YOU, AND IF IT DOESN'T, LET IT FLOW THROUGH WITHOUT ATTACHING TO IT OR NEEDING TO MAKE SENSE OF IT.)



4.



It's not your
responsibility to feel
things for others just
because you can.
Your responsibility is
to yourself and
feeling your feelings.

(JUST BECAUSE YOU CAN FEEL
THINGS DOESN'T MEAN YOU HAVE
TO: USING YOUR EMPATHIC GIFTS
TO RESONATE WITH OTHERS IS A
CHOICE, NOT AN OBLIGATION. YOU
DON'T HAVE TO TUNE IN OR TAKE
IT INTO YOU- YOU GET A SAY IN
WHEN AND WHAT YOU CHOOSE TO
FEEL AND ALLOW IN.)





5.

It's okay to trust your
experience of self.

(EMPATHS MAY NOT ALWAYS UNDERSTAND WHAT THEY ARE PICKING UP ON, BUT THEY KNOW WHEN THEY ARE PICKING UP ON SOMETHING. IT'S OKAY TO TRUST THAT AND GO WITH YOUR GUT. YOU MAY NOT ALWAYS UNDERSTAND IT, BUT IF SOMETHING FEELS "OFF" TO YOU, IT'S BECAUSE SOMETHING IS OFF. SO, FEEL AND HONOR YOUR INTUITION FIRST, THEN MAKE SENSE OF IT LATER.)

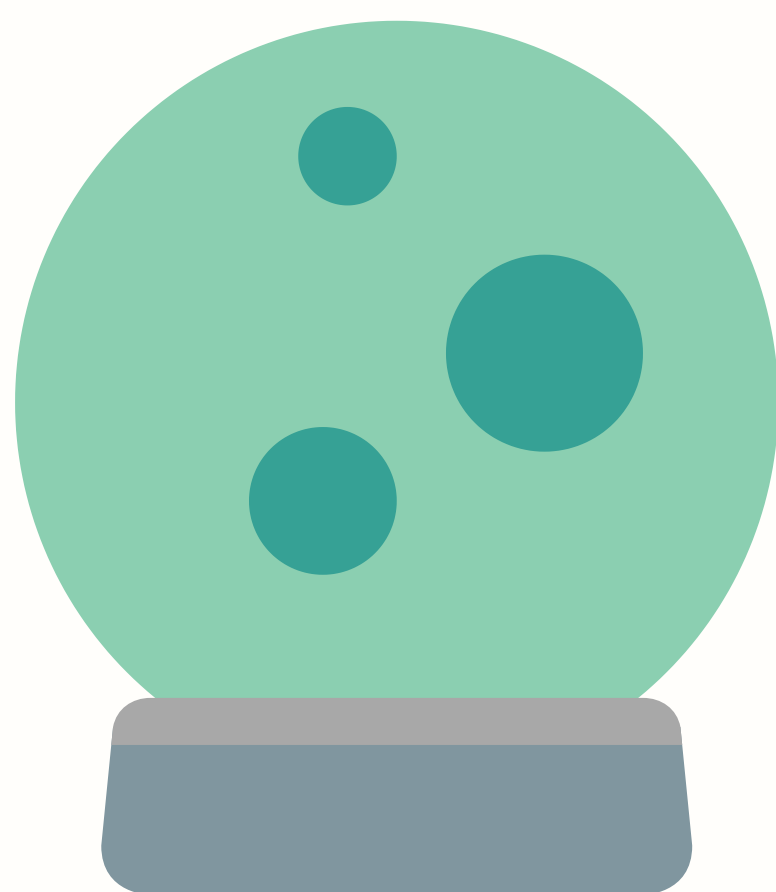


6.



The gift of empathy
is also a psychic and
intuitive gift.

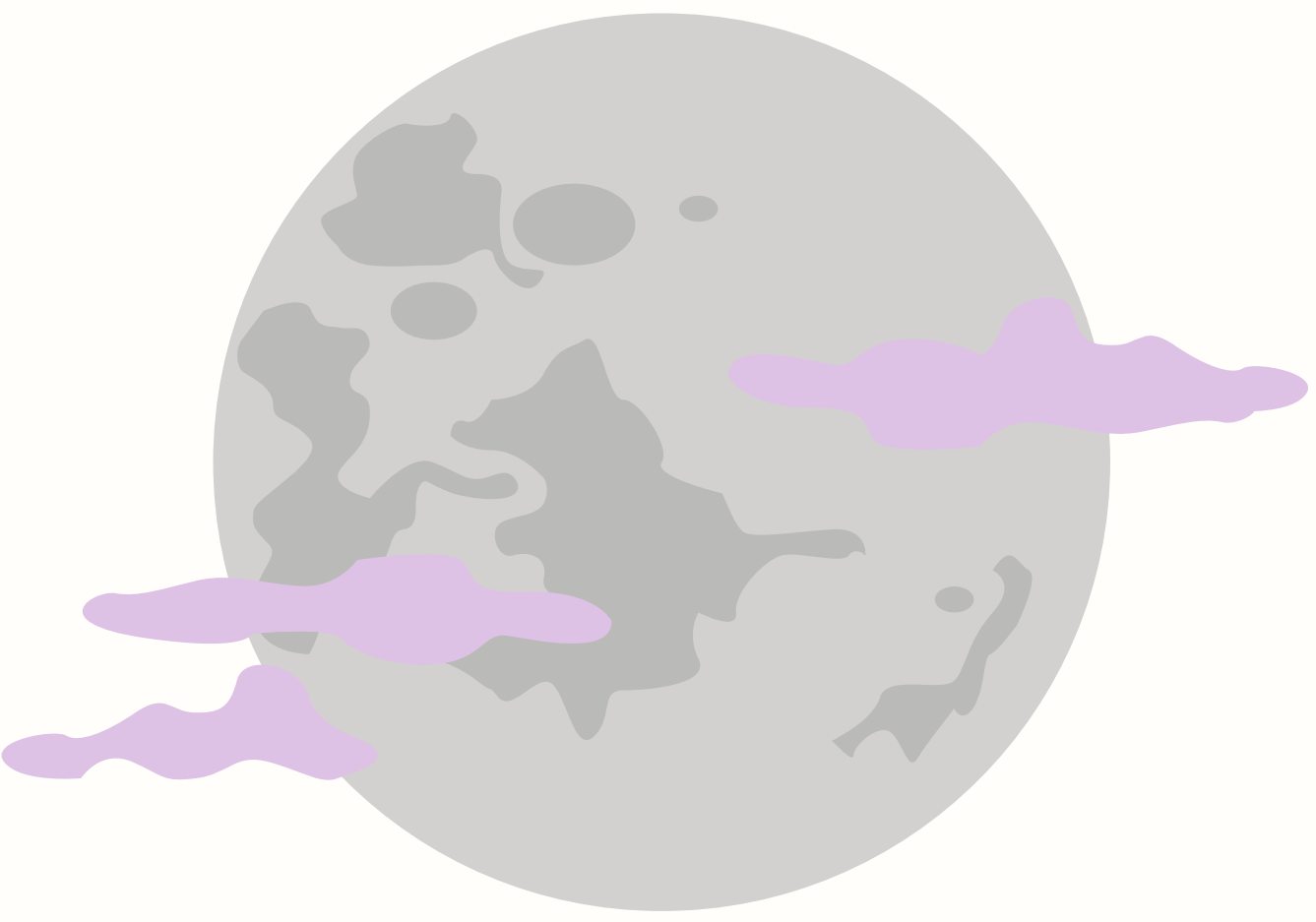
(YOU MAY NOT THINK OF
YOURSELF IN THOSE TERMS, BUT
EMPATHS ARE INCREDIBLY
PERCEPTIVE AND TAKE IN A LOT OF
SENSORY INFORMATION, WHICH IS
THE SAME WAY INTUITIVES AND
PSYCHICS PERCEIVE. THESE GIFTS
ALL COME FROM THE SAME PLACE:
THE ABILITY TO PERCEIVE THINGS
WE CANNOT SEE WITH OUR EYES,
WHICH MEANS THAT EMPATHIC
SENSING IS ITS OWN FORM OF
PSYCHIC ABILITY. IN OTHER
WORDS- YOU'RE MAGIC!)



7.

Most empaths
have been involved
with the "wrong"
person at some point.
It's okay to forgive
ourselves for not
knowing.

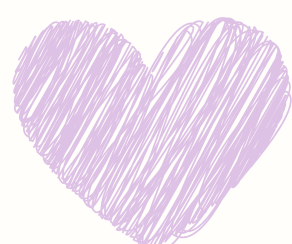
(EMPATHS ARE OFTEN A MAGNET FOR THOSE LOOKING TO FEED ON CARING ENERGY, WHICH MEANS MOST EMPATHS HAVE BEEN IN SOME PATTERN OF TOXIC RELATIONSHIP. I'VE COME TO SEE THIS PATTERN AS AN EMPATHIC BOOT CAMP MOST OF US GO THROUGH: IT'S HOW WE LEARN ABOUT BOUNDARIES! AND WE NEED TO FORGIVE OURSELVES FOR WHAT WE DIDN'T KNOW THEN, AND FOCUS ON WHAT WE NOW KNOW & THE DIRECTION WE WISH TO GO.)



8.

It's important for
empaths to honor
their need for
solitude and space.

(SOLITUDE IS OFTEN THE ONLY
TIME WHERE EMPATHS CAN
SORT OUT WHERE THEY END AND
OTHERS BEGIN. IT'S VITAL FOR
YOUR SELF-CARE &
SELF-KNOWLEDGE THAT
YOU MAKE AND TAKE
SPACE FOR YOU.)

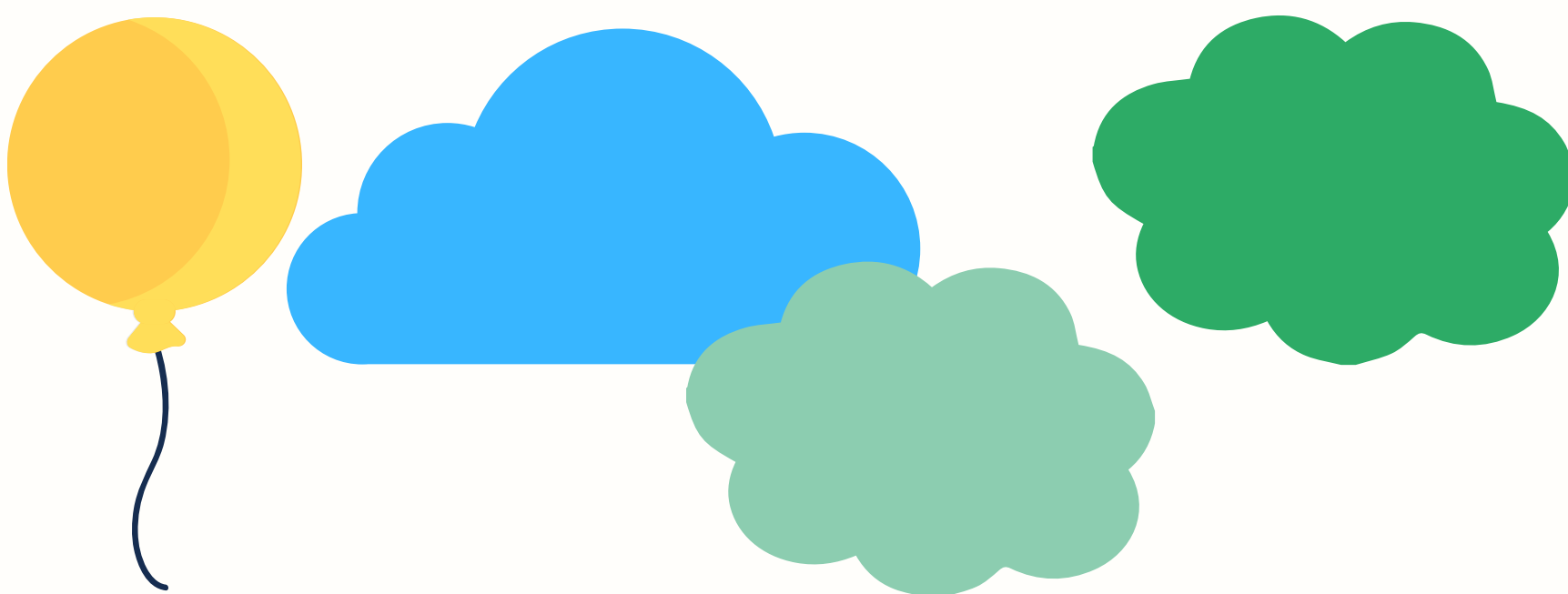





9.

It's okay to feel how
you feel when you
feel.

(EMOTIONAL CARE MEANS
HONORING YOUR FULL RANGE OF
EMOTIONS AND KNOWING THAT
EMOTIONS AREN'T ALWAYS LINEAR.
SOMETIMES THEY'LL ADD UP AND
SOMETIMES THEY WON'T. IT'S
IMPORTANT TO HAVE STRATEGIES
FOR CARING FOR YOUR EMOTIONAL
HEALTH: SELF-ACCEPTANCE AND
SELF-LOVE GO A LONG WAY IN
HELPING YOU MAKE SPACE FOR ALL
YOUR FEELS AND SHADES.)

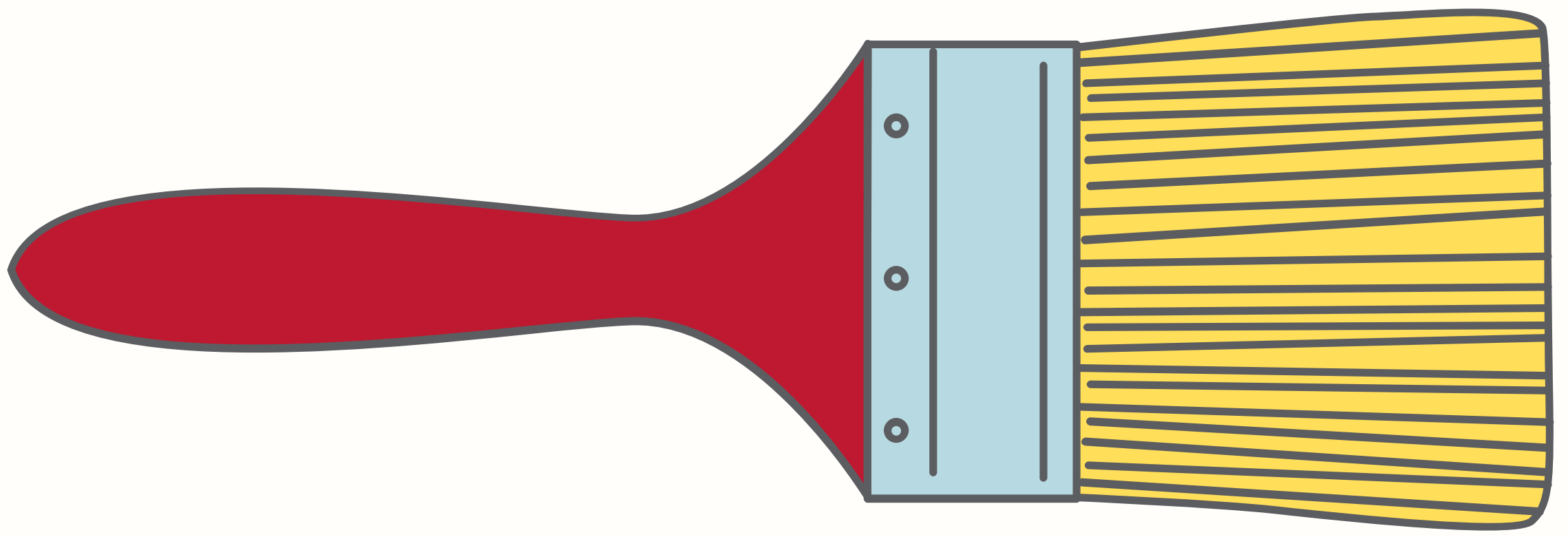




10.

Time in
nature
is vital
to the
empath
soul.

(NOT ONLY IS
NATURE GROUNDING,
BUT THE NATURE
OF NATURE IS
EMPATHIC! SO,
MOTHER NATURE
IS A STRONGER
EMPATH THAN YOU
WITH THE ABILITY
TO HOLD, REFLECT,
GROUND, AND
CONTAIN,
YOU.)



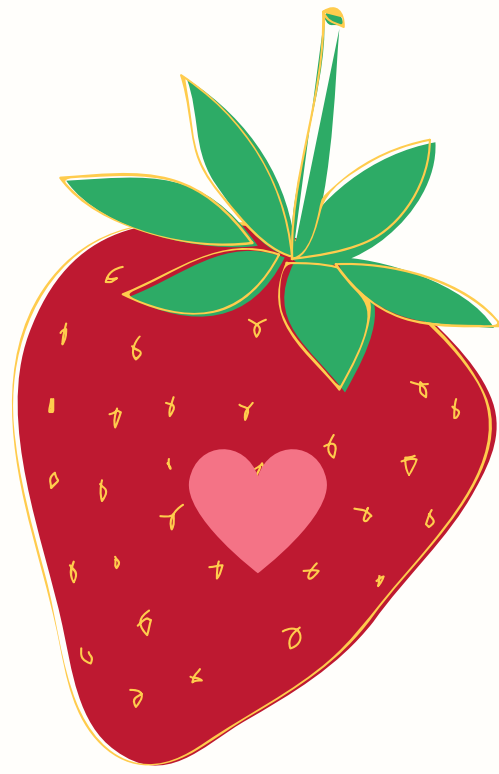
11.

Creativity is key for maintaining balance and equilibrium.

(NOT ONLY IS CREATIVITY FUN, PLAYFUL, AND GOOD FOR OUR WELL BEING, BUT CREATIVITY ALSO TAPS INTO OUR RIGHT BRAIN PROCESS, WHICH IS FLUID, ARTISTIC, INTUITIVE & SENSORY ORIENTED- ALL QUALITIES, WHICH SUPPORT THE GIFT OF EMPATHY AND HELP US MANAGE THAT GIFT. SO, WHEN WE ENGAGE IN ANY CREATIVE ACT, WE ARE SUPPORTING OUR EMPATHIC PROCESS ON MULTIPLE LEVELS, AND THAT IS A VERY GOOD THING.)



12. Social settings can often be challenging for empaths.



(BECAUSE EMPATHS ARE SO PERCEPTIVE, SOCIAL SITUATIONS CAN BE DIFFICULT. EMPATHS MAY-"READ" A ROOM & PREFER TO OBSERVE; BECOME A CHAMELEON WHO CHANGES TO MIRROR WHOEVER THEY TALK TO; FEEL ENERGETICALLY FLOODED; OR EVEN ENJOY THEMSELVES THEN FEEL DRAINED LATER. THERE IS NO SET PATTERN FOR HOW AN EMPATH ADAPTS IN GROUPS, JUST KNOW THE DYNAMICS CAN BE CHALLENGING, AND THERE IS NOTHING WRONG WITH YOU IF YOU FEEL AWKWARD, OVERWROUGHT, LIKE YOU CAN'T BE YOURSELF, OR HAVE AN INTENSE DESIRE TO HIBERNATE AFTER.)

13.

Empaths often
become
overwhelmed
with too
much
stimulation.

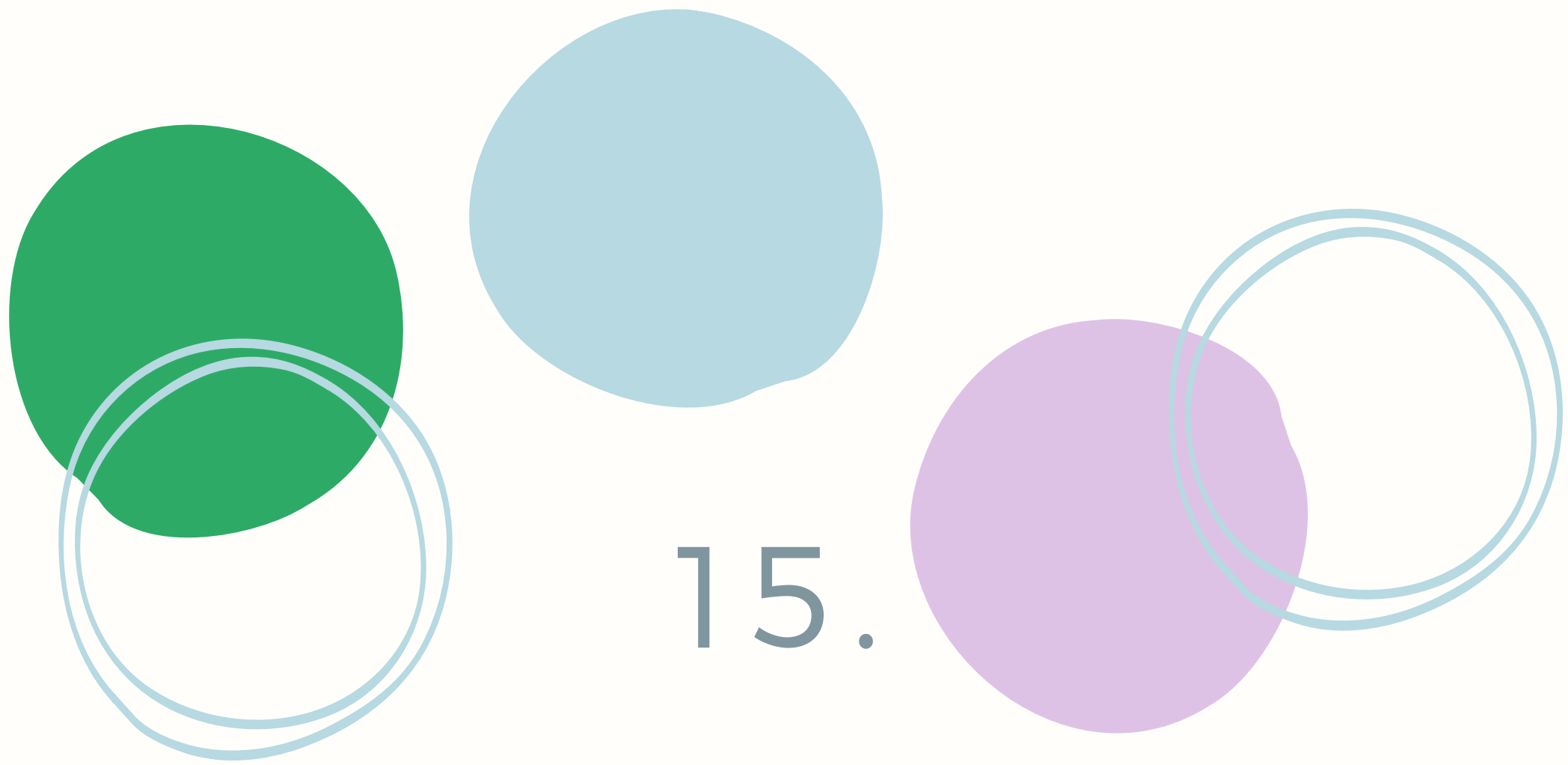
(TOO MANY PEOPLE,
TOO MUCH MOVEMENT,
TOO MUCH ENERGY-
MANY EMPATHS
FIND THEY HAVE AN
INNER LIMIT WHERE THEY
REACH SENSORY
OVERLOAD AND SHUT DOWN.
SO, LEARN YOUR LIMITS
AND KNOW IT'S MORE THAN
OKAY TO HONOR THEM AND
HONOR YOUR OWN
PACE OF SELF.



14.

As a result of being overwhelmed, an empath may find that they react by feeling flooded, confused, agitated, depressed, or crying for no foreseeable reason.

(WHEN THE NERVOUS SYSTEM IS OVERSTIMULATED, IT LETS US KNOW AND SEEKS TO RELEASE & RESET. WHEN YOU KNOW YOU'RE OVERWHELMED, JUST ALLOW THE FEELINGS TO FLOW THROUGH, WITHOUT JUDGING OR ATTACHING TO THEM, THIS WILL ALLOW YOU TO RELEASE THEM QUICKER AND RETURN TO A SPACE OF EQUILIBRIUM.)



15.

Energetic boundaries
are an empath's
best friend.

(IN MY HUMBLE OPINION, IT IS IMPERATIVE EMPATHS HAVE WAYS TO ENERGETICALLY SET BOUNDARIES! A FEW IDEAS ARE: PICTURE SHIELDING YOURSELF, DO A CHORD CUTTING CEREMONY, WRAP YOURSELF IN PROTECTIVE ANGELIC ENERGY, OR SET AN INTENTION THAT YOU'RE NOT GOING TO BE A CONDUIT FOR OTHER PEOPLE'S STUFF. WHATEVER YOU CHOOSE, FINDING METHODS TO ENERGETICALLY SEAL YOURSELF WILL HELP PRESERVE YOUR ENERGY AND PROTECT YOU FROM ENERGETIC LEAKS AND HAVING YOUR ENERGY SIPHONED.)

16.

Empaths often experience life from the inside out, meaning their experience of self informs their experience of the world.



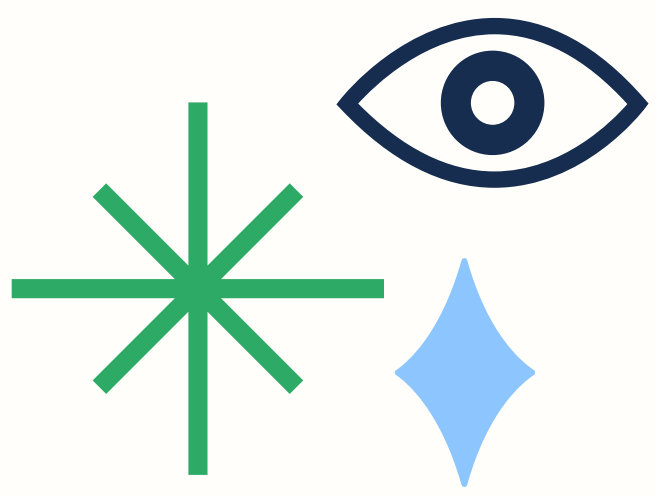
(WHICH MEANS YOUR RELATIONSHIP WITH YOURSELF IS THE MOST IMPORTANT RELATIONSHIP YOU CAN NOURISH AND CULTIVATE, AS IT IS THE RELATIONSHIP THAT IS GOING TO BE MOST HELPFUL TO YOU!)

17.

A very good practice to begin each day is to ask-
"How do I best love myself today."

(EMPATHS TEND TO NOURISH OTHERS BEFORE THEY NOURISH THEMSELVES, BUT IT IS ONLY WHEN WE LEARN TO BE IN TOUCH WITH OUR NEEDS AND ADDRESS THOSE NEEDS, THAT WE ARE IN A SPACE TO MORE FULLY GIVE TO OTHERS. COMPASSION STARTS WITHIN AND STEMS FROM THERE.)





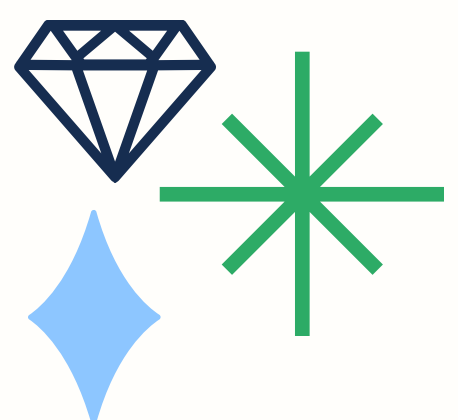
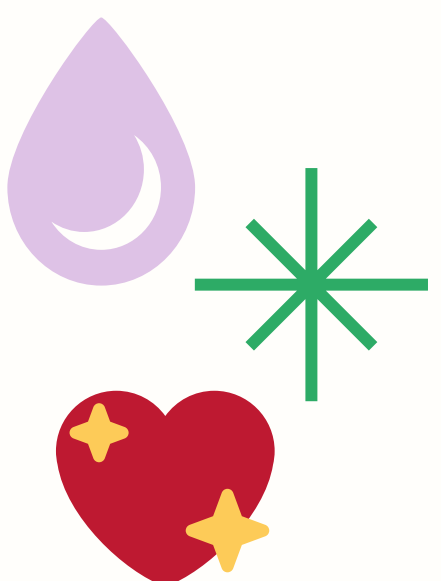
18.



Your imagination is a vital refuge. Use it to visualize, create, daydream, and find safe space in your mind where you can drift and be free.



(SOMETIMES EMPATHS NEED TO BE INSIDE THEIR OWN SPACE AND WORLD. OUR IMAGINATION IS AN INCREDIBLE RESOURCE FOR RELAXATION, CREATIVITY, INTUITION, STILLING OUR MIND, AND HELPING US RETURN TO OUR SPACE OF SELF. USE IT LIBERALLY AND OFTEN.)



19.

Trees, earth,
water, animals,
plants, crystals
art, books,
blankets, tea -
these are balm
for the empath
soul.



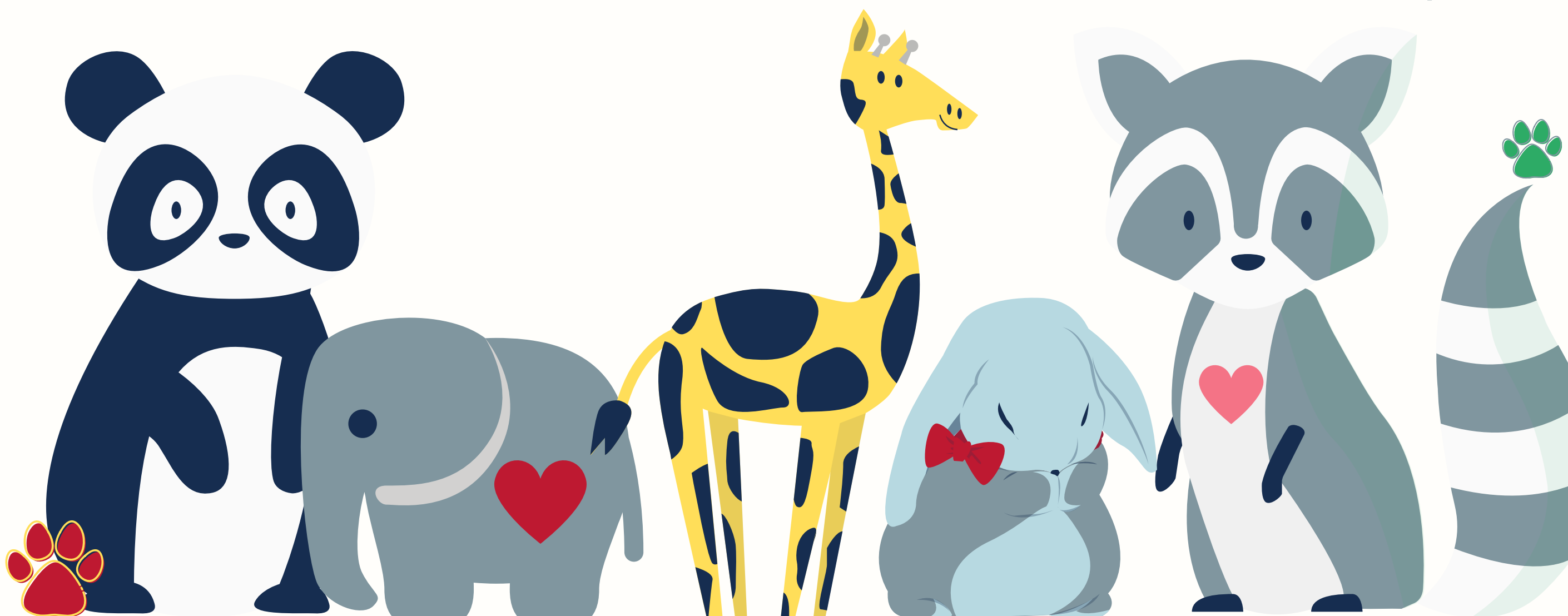
(MAKE A LIST OF WHAT FILLS YOU UP AND NOURISHES YOU, THEN COMMIT TO INCLUDING ITEMS ON THAT LIST IN YOUR DAILY LIFE. EVEN IF ITS JUST TAKING THE TIME TO WATCH THE CLOUDS AND APPRECIATE THE BEAUTY OF THE SKY, EMPATHS GIVE ENERGETICALLY ALL THE TIME, SO THEY NEED BEAUTY, LIFE, CALM, AND COZY TO HELP FILL THEM BACK UP.)

20.

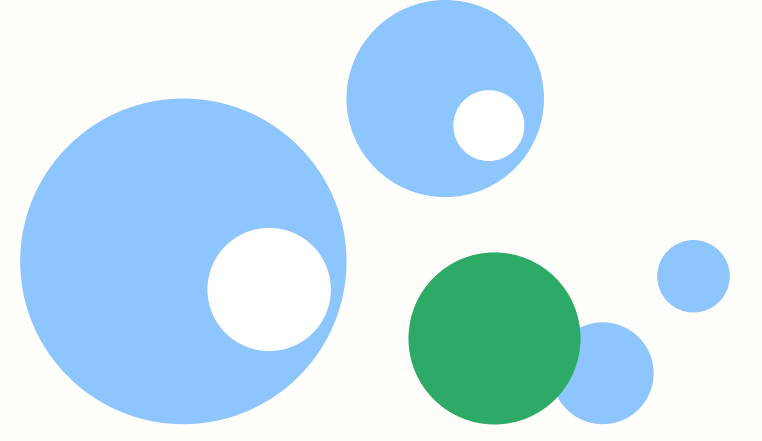
Laugh, kick, hike, play,
stretch, run, jump,
yoga, nature walk,
zoo trip: find a way
to smile & MOVE.



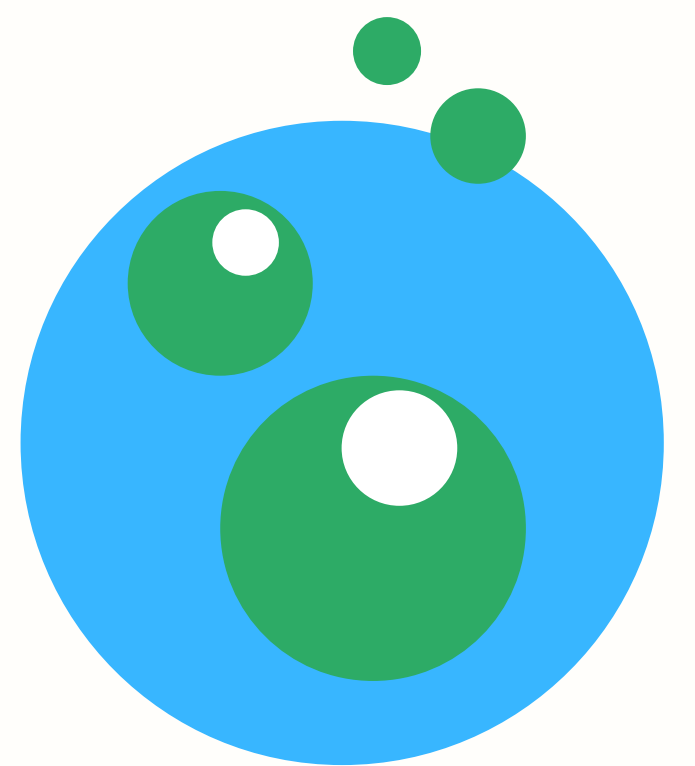
(NOT ONLY DOES MOVING OUR BODIES SUPPORT OUR PHYSICAL HEALTH, BUT IT SUPPORTS OUR ENERGETIC & EMOTIONAL HEALTH BY CREATING SPONTANEOUS SHIFTS, FLOWS, AND INNER MOVEMENT. WE CAN'T CARRY ALL THAT EMOTIONAL ENERGY INSIDE OF US WITHOUT HAVING A WAY TO RELEASE IT, WHICH IS WHY MOVEMENT IS SUCH A NECESSITY FOR EMPATH CARE!)



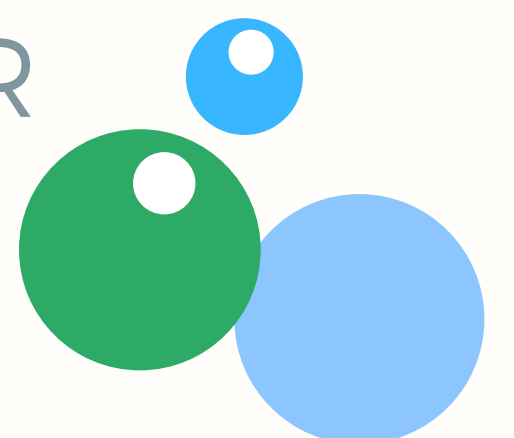
21.



Like water, empaths are changeable, permeable, transmutable and fluid. So, draw upon water energy when you need energetic support.



(EMPATH TIP: EMPATHS TEND TO BE STRONGLY CONNECTED TO THE ELEMENT OF WATER, SO USE WATER TO HELP SUPPORT YOUR PROCESS. TAKE A BATH, GO TO THE LAKE, VISUALIZE YOURSELF AS THE OCEAN. DRINK A GLASS OF WATER- WHATEVER YOU DO, SET YOUR INTENTION FOR CLEANSING, RELEASING, AND RENEWAL.)



22.

You're capacity to feel
the wounds of the
world is actually your
capacity to feel love.

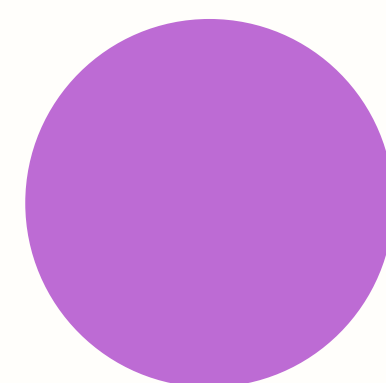
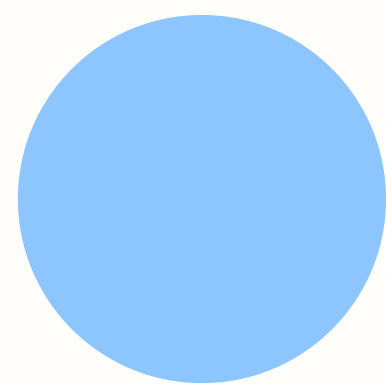
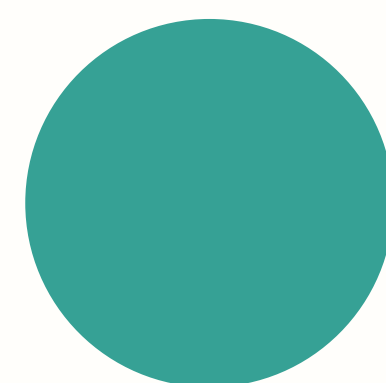
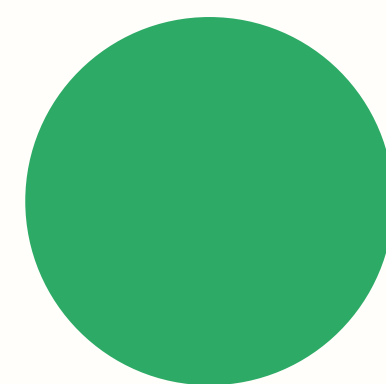
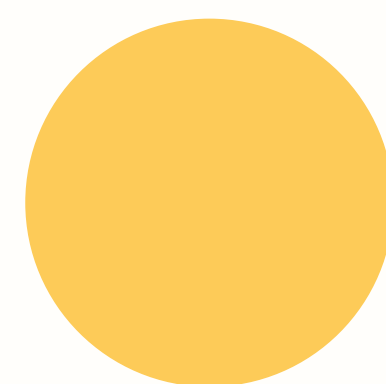
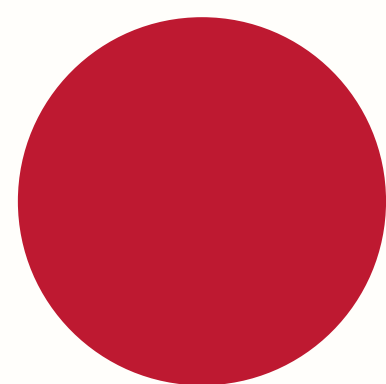
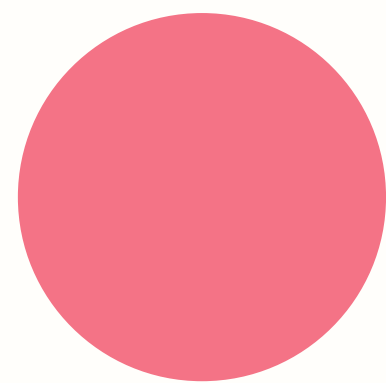


(PAIN IS JUST LOVE TURNED INSIDE
OUT, WE WOULDN'T HURT AND ACHE
DEEPLY, IF WE DIDN'T CARE AND LOVE
DEEPLY. INSTEAD OF SAYING TO
YOURSELF, "WHAT'S WRONG WITH ME
THAT I CARE SO MUCH," KNOW THAT
SOMETHING IS VERY RIGHT WITH YOU
AND YOUR HEART'S BRAVE ABILITY TO
HOLD SPACE FOR VULNERABILITY,
SOFTNESS, COMPASSION, AND LOVE.)

So, always
remember- there is
nothing wrong
with you and your
empathic heart,
there is something
very right with you,
and you deserve to
see yourself in that
bright light, my
dear brave soul.



LOVE, BETHANNE



The End



(P.S. STAY OPEN, LET LOVE
BE YOUR GUIDE AND
YOUR SHIELD, CREATE
OFTEN, STAR GAZE AND
MOON WATCH, SPEAK
KINDNESS- ESPECIALLY
TO YOURSELF, BREATHE,
PRACTICE GENTLE
FEROCITY & ALWAYS LET
YOUR HEART LEAD
YOU HOME TO
YOURSELF.)



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