

# The Cure To Feeling Misunderstood: When You're Most Authentic, You Find Your Tribe

The Third of Five Highly Sensitive Introvert Truths (and how to use them) to create the chance to feel **understood**, **accept yourself**, and **connect better in relationship**.

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# When You're Most Authentic, You Find Your Tribe

## **1. Ask yourself what sensations you experience in your body.**

- Are you connected with your body?

## **2. Ask yourself what emotions you experience.**

- Are you connected to your emotions? *Emotions are bodily experiences that may or may not be conscious. They don't require thinking.*

## **3. Ask yourself what feelings you notice.**

- Are you connected to your feelings? *Feelings are mental representations of emotions. It's how you perceive your body responding to an event, situation or person.*

## **4. Ask yourself about your thoughts.**

- What do you think about?
- Do your thoughts loop around and around, is your mind completely blank, does flit from one subject to the next?

## **5. Observe the alignments and misalignments.**

- Do your thoughts, emotions, feelings, and sensations match up with what you share with trusted people?

## **5. Embrace and find compassion (for yourself and others) for the “uglies.”**

- It's easy to be in love with what you like. How can you appreciate, value, and have gentleness with what you don't like about yourself (and others) even in the midst of change?