A PRACTICAL REFLECTION GUIDE

SPIRITUALLY SENSITIVE

Awareness • Boundaries • Discernment



UNDERSTANDING SENSITIVITY

Without losing yourself

JAN MAYFIELD

BEGIN HERE

What does sensitive mean?

People use the word sensitive to describe many experiences: feeling a room change, noticing another person’s mood before they speak, becoming overwhelmed in busy places, sensing atmosphere, picking up intuitive impressions or simply feeling life deeply.

You do not need to turn every one of those experiences into something mystical. You do not need to dismiss them either. Sensitivity becomes useful when you notice what is happening without immediately deciding what it means.

THE STARTING POINT

Sensitivity is information. Discernment is learning what to do with it.

REFLECT

What do I tend to call sensitivity? What have I actually noticed?

Sensitivity is not an identity

THE EXPERIENCE

It is easy to build an identity around being ‘the sensitive one’. Then a crowded room, difficult person, emotional reaction or tired day becomes proof that you are absorbing something. That can make your world smaller.

A CLEARER VIEW

Sensitivity is something you experience. It does not have to explain everything that happens to you. You can be spiritually open and still ask practical questions: Am I tired, hungry, overstimulated or anxious? Is the environment noisy?

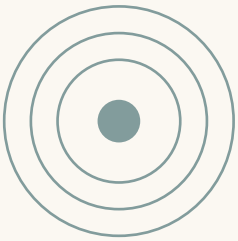
TRY THIS

Write three possible explanations for a recent experience before choosing one.

REFLECT

What do I know before deciding this belongs to somebody else?

What am I picking up?



THE EXPERIENCE

Sometimes a space feels different, a person puts you at ease or an emotion appears before you understand why. Pause before naming it.

A CLEARER VIEW

You may be noticing body language, tone, expression, memory, atmosphere, your history, an intuitive impression or several things at once. The experience can matter even when its source remains uncertain.

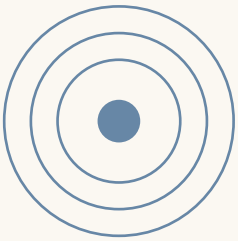
TRY THIS

Record what changed, where you noticed it and the explanation you added. Keep these as three separate lines.

REFLECT

What did I notice directly, and what did I infer?

When it becomes overwhelm



THE EXPERIENCE

Being sensitive does not mean living in permanent overload. If every interaction drains you and every room feels too much, becoming even more open may not help.

A CLEARER VIEW

Sometimes development means closing the door. Reduce stimulation. Step outside. Rest, eat, move, end the conversation or put the phone down. Give yourself ordinary recovery before seeking a spiritual explanation.

TRY THIS

Choose two early signs of overload and one action you can take when each appears.

REFLECT

Where do I keep pushing through when I could pause?

Grounding in ordinary life



THE EXPERIENCE

Imagining roots in the earth can be useful. Grounding can also be ordinary: feet on the floor, slower breathing, a walk, washing your hands, eating, or looking around the room.

A CLEARER VIEW

The purpose is to return attention to your body, surroundings and present choices. Use a method you will actually remember when you need it.

TRY THIS

Name five things you see, four you feel, three you hear, two you smell and one thing you know is true now.

REFLECT

Which ordinary grounding action works best for me?

Your body matters



THE EXPERIENCE

Fatigue, tension, butterflies, heaviness, tingling or a sudden change in energy may catch your attention. Listen, but do not diagnose a physical sensation spiritually.

A CLEARER VIEW

A feeling can have many causes. If a symptom is persistent, severe, new or concerning, treat it as a health matter and seek appropriate professional advice. Spiritual awareness never requires you to ignore your body.

TRY THIS

Note what you feel, what changed just beforehand and which ordinary explanations need considering.

REFLECT

What physical need might I be overlooking?

Empathy without absorbing



THE EXPERIENCE

You can care deeply about someone without carrying their emotional state away with you. Many sensitive people become skilled at monitoring others, anticipating needs and adjusting to keep the peace.

A CLEARER VIEW

Constant attention to someone else can feel like absorbing their energy. Notice when compassion has shifted into managing their mood. Care does not require self-abandonment.

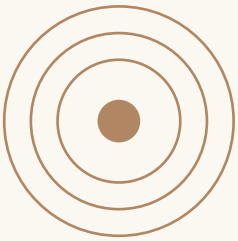
TRY THIS

In one conversation, notice when you begin changing yourself to manage the other person’s response.

REFLECT

Am I sensing this person, or have I started managing them?

Boundaries are spiritual too



THE EXPERIENCE

You may leave, decline to answer, say no or decide that someone’s behaviour is unacceptable without searching for a spiritual lesson in it.

A CLEARER VIEW

A boundary tells you where your responsibility ends and another person’s begins. Clear boundaries give sensitivity a place to rest.

TRY THIS

Write one clean sentence for a boundary you need. Practise saying it without a long defence.

REFLECT

Where am I saying yes because I fear someone else’s reaction?

Sensitivity or intuition?



THE EXPERIENCE

Sensitivity tells you something has changed. Intuition is the meaning or direction you may experience within that change. They are not automatically the same.

A CLEARER VIEW

You may sense tension accurately and misunderstand its cause. A bodily response may be linked to your own memory. This is why the pause matters.

TRY THIS

Divide a page into four lines: what I noticed; what I felt; what I decided it meant; what I can verify.

REFLECT

Where did I move from observation to interpretation?

You need an off switch



THE EXPERIENCE

More openness is not always better. If you work intuitively or mediumistically, choose when you are practising and when you are simply living your life.

A CLEARER VIEW

You do not need to read every room, interpret every coincidence or remain available to each impression. Closing is a skill.

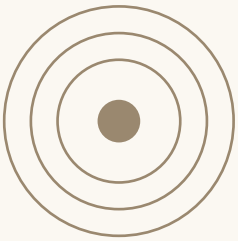
TRY THIS

Say, “That is enough for today.” Move, change rooms and do one ordinary activity.

REFLECT

When do I find it hardest to switch off?

Sensitivity as strength



THE EXPERIENCE

Sensitivity can become a strength alongside discernment. You may notice nuance quickly, listen deeply or recognise when something feels out of alignment.

A CLEARER VIEW

The strength is not in feeling everything. It is in knowing what deserves your attention and what you can let pass. You do not need to harden yourself. You need to become clearer.

TRY THIS

List three ways sensitivity serves you and one boundary that protects that strength.

REFLECT

What deserves my attention today, and what can I release?

SEVEN DAYS

A sensitivity reset

01 Notice your baseline before interacting with other people.

02 Observe one change in a room without explaining it.

03 Practise an ordinary grounding method.

04 Notice where you monitor someone else’s mood.

05 Set one small, clean boundary.

06 Deliberately switch off from spiritual practice for part of the day.

07 Review what helped you feel more like yourself.

END OF WEEK

What drains me? What restores me? What have I called sensitivity that may be habit, fear or overstimulation?

MAKE IT PRACTICAL

Sensitivity record

Date / situation

How did I feel beforehand?

What changed?

What did I notice in my body?

What emotion appeared?

MAKE IT PRACTICAL

Interpretation & response

What did I assume it meant?

What ordinary explanations did I consider?

What, if anything, could I verify?

What boundary or grounding action helped?

What do I understand differently now?

MAKE IT PRACTICAL

My sensitivity map

I feel most sensitive when...

My early signs of overwhelm are...

The environments that affect me most are...

Grounding practices that genuinely help me...

I tend to manage other people’s feelings when...

MAKE IT PRACTICAL

Boundaries & strengths

A boundary I need more often is...

I know I am back in myself when...

Sensitivity is a strength for me when...

I no longer need to believe that being sensitive means...

One change I will make this week is...

TAKE THIS WITH YOU

Awareness without fragility

You can remain open and remain yourself.

You do not have to shut down your sensitivity. You also do not have to organise your entire life around it.

Learn your baseline. Notice what changes. Ground yourself. Check your interpretation. Use boundaries. Then decide what deserves your attention.

Sensitivity does not have to make you fragile.

Jan Mayfield

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Jan Mayfield • 2026