
HSP Connections

An information resource for the Highly Sensitive Person

August 2005 edition

Dear fellow HSP!

One of the challenges facing many Highly Sensitive Persons is the need to fully understand the HSP trait, and then to incorporate that knowledge into a lifestyle that allows us to honor the trait, while still remaining functional within the context of the greater world. For the HSP, the old saying "Information is Power" holds particularly true. Whereas general worldwide awareness of High Sensitivity is growing rapidly, it is up to the individual HSP to learn as much as possible about the trait, so they can interact with others from a state of understanding, rather than confusion.

In recent years, new books have been added to the growing list of HSP resources. Most recently, "*The Highly Sensitive Person's Survival Guide*" by Ted Zeff, Ph.D. was published, filled with practical tips on how to deal with an assortment of overstimulating situations.

However, personal experience has taught me that it is not merely important to learn about the nature of one's sensitivity from *books*, but also to learn through *fellowship* and *friendship* with others who are also HSPs. The sharing of life experience that comes with being Highly Sensitive can be as important a teacher as any book.

"HSP Connections" offers a collection of "book," "web" and "human" resources for HSPs, together in one convenient location-- *all* of which have been recommended *by* HSPs, *for* HSPs.

I wish you peace and enlightenment on your journey!

Peter

About the author

HSP Connections is researched, edited and published by Peter Messerschmidt. Peter is an HSP, introvert, empath, intuitive, writer, "solopreneur" consultant and Danish national living in Central Texas. He has been a student of psychology since 1982, with a special interest in personality types and adult giftedness. He has been active in the growing HSP "Community" since reading Elaine Aron's first book in 1997.

Seeking contributions to "HSP Connections!"

Any resource is only as useful as the information it contains. "HSP Connections" is continuously updated, and remains relevant and current, thanks to the suggestions of HSP contributors around the world.

If you know of a book, web site or other resource that that has been particularly helpful or important in your own journey as an HSP, I would like to hear from you! That way *your* positive experience can--in turn-- help others on *their* journeys!

Please send your suggestions:

by email to: hspconnections@aol.com

by "snail mail" to: HSP Connections, P.O.Box 203878, Austin, TX 78720, USA.

from the website: www.hspconnections.com

HSP Bookshelf

A growing reading list of books that have proven themselves important, useful and/or interesting to the Highly Sensitive Person. The titles listed under "Related Reading," are not *directly* about High Sensitivity, but are among the most relevant and popular books chosen by members of the growing HSP "community."

The Highly Sensitive Person

How to Thrive When the World Overwhelms You

by Elaine N. Aron, Ph.D.

Published in 1996, this book remains the definitive introduction to the trait of High Sensitivity, and is a "must read" for everyone who thinks they may be an HSP. Provides a thorough explanation of the trait in a variety of contexts, ranging from childhood, through work and relationships, to healing and self-growth.

The Highly Sensitive Person in Love

Understanding and Managing Relationships When the World Overwhelms You

by Elaine N. Aron, Ph.D.

Dr. Aron's second book explores the HSP trait in the context of intimate relationships, and is an invaluable resource in helping the Highly Sensitive Person understand his or her struggles with close relationships.

The Highly Sensitive Person's Workbook

by Elaine N. Aron, Ph.D.

Although it can certainly "stand alone," Elaine Aron's workbook for HSPs is probably best suited as a companion piece to *The Highly Sensitive Person* book. Where the original book "informs" about the HSP trait, the workbook is "interactive," taking the reader on a thorough journey of understanding and re-framing of their life experience as an HSP. Can appear a bit daunting as a "solo" exercise, but excellent to work through with a partner/friend, or in a group setting.

The Highly Sensitive Child

Helping Our Children Thrive When the World Overwhelms Them

By Elaine N. Aron, Ph.D.

Elaine Aron's most recent book, which covers the challenging area of raising a Highly Sensitive Child, and offers excellent advice to HSP and non-HSP parents, alike-- covering the HSC experience from infancy to adolescence.

Making Work Work for the Highly Sensitive Person

By Barrie Jaeger

"Work Purpose Coach" Barrie Jaeger explores the challenges HSPs face in their work lives. Includes many helpful suggestions on reducing stress and anxiety in current work situations, as well as helpful tips on finding the *type* of work that feels like a "calling," rather than "drudgery."

The Sensitive Person's Survival Guide:

An Alternative Health Answer to Emotional Sensitivity & Depression

By Kyra Mesich, Psy.D.

In this book, Kyra Mesich focuses on empathic abilities and emotional sensitivity, and helps readers understand how sensitivity is a gift, rather than a pathology.

The Highly Sensitive Person's Survival Guide:

Essential Skills for Living Well in an Overstimulating World

By Ted Zeff, PhD.

This easy-to-use book contains practical strategies to help HSPs survive and thrive in an over-stimulating world. Contains many useful exercises to help you build your coping skills.

Related Reading:

A selection of books not necessarily connected directly to the trait, but covering topics that consistently have proven of interest to HSPs.

Children of the Self-Absorbed:

A Grown-Up's Guide to Getting over Narcissistic Parents

By Nina W. Brown

Are You Really Too Sensitive?

How to Understand and Develop Your Sensitivity As the Strength It Is

By Marcy Calhoun

The Artist's Way:

A Spiritual Path to Higher Creativity

By Julia Cameron

The Practical Dreamer's

Handbook:

Finding the Time, Money, & Energy to Live the Life You Want to Live

By Paul & Sarah Edwards

The Gifted Adult :

A Revolutionary Guide for Liberating Everyday Genius

By Mary-Elaine Jacobsen

The Introvert Advantage:

How to Thrive in an Extrovert World

By Marti Olsen Laney

The Tender Heart:

Conquering Your Insecurity

By Joseph Nowinsky

Empowered by Empathy :

25 Ways to Fly in Spirit

By Rose Rosetree

SO : Connecting With Our Spiritual Intelligence

By Danah Zohar & Ian Marshall

Internet Resources

A directory of Internet resources for the Highly Sensitive Person, including online discussion groups and forums for HSPs, HSP related web sites, and personal web sites of HSPs around the world.

Getting Help & Information About High Sensitivity:

Internet resources relating to High Sensitivity, or of particular relevance to HSPs.

www.hsperson.com Elaine Aron's web site. It is thanks to Elaine's work that the world has become aware of the HSP trait. Her web site includes a sensitivity self-test, information about her books, lectures, her "Comfort Zone" newsletter for HSPs, as well as updates on the annual "HSP Gatherings."

www.highlysensitivesouls.com Jenna Avery, Certified Life Coach and HSP.

www.ultra-sensitive.com Roger Easterbrooks, "ultra-sensitive" healer and coach; focus on HS men.

www.pinemountaininstitute.com Paul & Sarah Edwards, authors, ecopsychologists & coaches, focusing on the healing power of nature

www.sensitiveperson.com Thomas Eldridge, holistic counselor and coach for HSPs.

www.HighlySensitivePeople.com Jim & Amy Hallowes, personal site (and more) of an HSP/non-HSP couple.

www.hspwork.com Barrie Jaeger, HSP, author and Work Therapist Coach.

www.beilakrow.com Beila Krow, HSP, and Licensed Marriage and Family Therapist who works with HSPs.

www.kyramesich.com Kyra Mesich, HSP author, teacher, workshop leader and psychotherapist.

www.wildheart.to Carolyn Ringo, HSP and Life Coach who focuses on HSP spirituality and interpersonal communications.

www.lifeworkshelp.com Jacquelyn Strickland, HSP, Licensed Professional Counselor, Coach, Workshop Leader and Certified Trainer in the Myers-Briggs Personality Inventory, specializing in guiding HSPs. Also organizer of the annual HSP Gatherings.

www.hspurvival.com Ted Zeff, HSP, counselor and author of "*The Highly Sensitive Person's Survival Guide.*"

Connecting With Other HSPs on the World Wide Web:

A listing of online support and discussion groups for HSPs. **NOTE:** Some URLs are "redirected" through the **tinyurl.com** service. This eliminates the need to type long difficult addresses. Your computer will NOT be "infected" with cookies and advertising as a result of using tinyurl addresses.

http://tinyurl.com/2wz2v *HSPBook* discussion group on YahooGroups. This is one of the oldest and most active HSP groups on the web, started in 1996 as a discussion group for Elaine Aron's first book. (1000+ members)

http://tinyurl.com/2499t *The Highly Sensitive Person* is the web's largest online community for HSPs, started in 1997 as a service of Thomas Eldridge's web site, now a "free standing" interactive message board community. (2850+ members)

http://hsp.ticklegroups.com *HSPs on emode* discussion group on the tickle/emode system (75+ members)

http://tinyurl.com/2nlng *HSCBook* discussion group-- focus on Elaine Aron's "Highly Sensitive Child" book, and raising HS children. (250+ members)

http://tinyurl.com/37wdu *HSPWork* group focused on HSPs and work, and the discussion of Barrie Jaeger's book "Making Work Work for the Highly Sensitive Person" (140+ members)

http://tinyurl.com/2rp3s *Sensitives*, a fairly new and still smallish group for HSPs. (50+ members)

Getting involved in a peer group is *highly recommended* as a step in learning more about the HSP trait. Nobody understands the "HSP Experience" better than other HSPs. The sense of fellowship and "peer counseling" you can get from other HSPs can be invaluable in the process of self-discovery!

About "HSP Connections"

The resources on these pages represent just a *tiny* excerpt from the full version of the "HSP Connections" directory. The "full" version includes more than 200 "HSP-relevant" resources from books, to web sites, to wellness professionals. The next update of the full edition will be published at the end of September 2005, and can be ordered online at **www.hspconnections.com**.

HSP Gatherings, Workshops and other events

One of the most rewarding ways for an HSP to not only learn more about the trait, but to experience the validation of being among other HSPs, is to attend an "HSP Gathering." Started by HSP counselor and coach Jacquelyn Strickland in May 2001, an HSP Gathering is part retreat, part self-growth workshop, part fellowship experience for HSPs.

2005 Pacific Northwest HSP Gathering
at the Whidbey Institute, Clinton (Whidbey Island), Washington
August 27-31, 2005
Information: www.lifeworkshelp.com/hspgathering.htm

For a general impression of what it is actually *like* to attend an HSP Gathering, visit the **online photo journal from the 2003 California event at: innerreflections.homestead.com/hsp03ca1.html**

HSP Workshops with Elaine Aron, Ph.D.

3-day Workshop at the Omega Institute, Rhinebeck, NY
September 23-25, 2005
Information: www.eomega.org

3-day Workshop at the Kripalu Center, Lenox, MA
February 11-13, 2006
Information: www.kripalu.org

Dr. Aron's workshops provide an excellent opportunity to learn more about the HSP trait in a friendly and accepting atmosphere, and also offer a chance to meet and interact with other HSPs.

HSP Newsletters and e-zines

Comfort Zone: Dr. Elaine Aron's newsletter for HSPs. Published since 1996, Comfort Zone was originally published in print format, but has been exclusively published online since 2004. For more information, go to: www.hsperson.com/pages/com_zone.htm

HSP Highlights & Insights: Periodic e-zine published by HSP Counselor and Coach Jacquelyn Strickland. For more information, go to: www.lifeworkshelp.com/subscribe.htm

The Art of Sensitive Living: Online newsletter for HSPs, published by HSP Life Coach Jenna Avery. For more information, go to: www.highlysensitivesouls.com/archives.htm