

**THIS IS
WHERE
I
STAND**

**The POWER
and the GIFT of
BEING SENSITIVE**

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All names of clients have been changed to ensure privacy

7 BE SELF-ISH!

The Idealists

Who comes first?

Deep down inside we are such good people. We are so committed to bringing goodness into the world.

But actually for many of us, this is exactly what leads us to being so sick and so tired.

More often than not we put our commitment to “saving the world” ahead of our own well-being. In fact, many of us have the unconscious belief that we must “save the world” before we can attend to our own needs.

Remember our wonderful ideal qualities:

- ✱ *Internally deeply caring*
- ✱ *Deeply committed to the positive and the good*
- ✱ *On a mission to bring peace to the world*
- ✱ *Strong personal morality*
- ✱ *Often make extraordinary sacrifices for someone / something we believe in*

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Interestingly, sensitive people often fail to include themselves in this mission. The other day when I pointed out to my client how good she is to OTHER people, she said to me in surprise,

“Of course I would never let anyone else down! But it hadn’t occurred to me that I let MYSELF down.”

Sometimes we intentionally leave ourselves off the list, in an attempt not to be “selfish.”

Self-ish?

When someone mentions being selfish to me, I always reframe it. I say, “How about spelling “selfish” with a capital S – make it “Selfish.” I draw a big S in the air. The capital S stands for your soul.

**If you don’t take care of your soul,
no one else will**

**So go on and BE SELF-ISH!!
You have the right.
You deserve that!**

Another client, primed by me to think of herself as having a highly sensitive temperament, took the temperament test offered in the book *Please Understand Me II* by David Kiersey.

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She is the kind of person who is Very Focused on Doing Things Right (aren't we?!), so when she took the test she second-guessed all the questions and answered them the way she thought she should be!

When she scored the test and it looked like she wasn't an idealist after all, she broke down and cried. I encouraged her to go back and take the test again, and this time, notice what the first response from her heart was.

We have lots of ways of taking ourselves off of our "to do" list, and so often people are surprised to discover that they aren't even on their own list. Putting oneself at the TOP of your own "to do" list is a revolutionary idea.