



HEALING WAVES REIKI

EMPATHS, SENSITIVITY & ANXIETY

Understand + Release





Welcome.

Sensitivity is not something to overcome—it's something to understand.

If you've ever felt overwhelmed by other people's emotions, exhausted after being in certain environments, or wondered why you seem to feel everything so deeply, you're not alone.

This companion workbook is designed to help you explore your sensitivity with curiosity rather than judgment.

As you move through these pages, you'll reflect on what belongs to you, what you may be absorbing from others, and simple ways to return to your own center. My hope is that by the time you finish this workbook, you'll recognize that your sensitivity is not a weakness—it is a strength that flourishes when supported by grounding, self-awareness, and compassion.

Move through the workbook at your own pace.

Pause often.

Notice what resonates.

Healing begins with awareness.

And awareness creates the space to choose something different.

Thank you for allowing me to be part of your healing journey

In Love & Light,

Cathy



Before We Begin

Healing begins with awareness, not judgment.



Take a quiet moment before turning the page.
Without overthinking, simply notice where you are today.

Check In

Right now, I feel...

Lately, I have been carrying...

As I move through this workbook, I hope to...



Reflecting on the Episode

Sometimes one small insight changes everything.

Before continuing, pause and notice what stood out to you.

Gentle Reflection



What part of today's episode resonated with you the most?

What surprised you?

Did anything make you see yourself differently?

What is one idea you want to carry with you today?

Understanding Your Sensitivity

Feeling deeply is not the same as being overwhelmed.

Many highly sensitive people experience:

- ☐ Feeling emotionally exhausted after social events
- ☐ Becoming overwhelmed in busy environments
- ☐ Feeling responsible for other people's emotions
- ☐ Needing quiet time to recharge
- ☐ Feeling emotions deeply
- ☐ Noticing tension before others do
- ☐ Difficulty separating your feelings from someone else's
- ☐ Feeling "too much"

None of these are flaws.

They simply describe how your nervous system processes the world.

Gentle Reflection



Do any of these experiences resonate with you?

My Experience

Your story holds the clues to your healing.

Gentle Reflection



I feel most overwhelmed when...

I feel most peaceful when...

I usually know I'm overwhelmed because my body...



What Am I Carrying?

Not everything you feel belongs to you.

One of the most powerful questions from today's episode.

Instead of asking:
Why am I anxious?

Try asking:
What am I carrying that isn't mine?

Gentle Reflection



What emotions have I been carrying lately?

Could any of these emotions belong to someone else or to the environment around me?



Mine or Theirs?

Clarity begins when you recognize what belongs to you.

Write thoughts, emotions or worries that belong on each side.

Mine	Theirs

Notice how it feels to give yourself permission to set something down.

Gentle Reflection



Notice what changes after this exercise.



My Body Speaks

Your body notices what your mind sometimes misses.



Circle what you notice when you're overstimulated.

- ☐ Tight chest
- ☐ Racing thoughts
- ☐ Neck tension
- ☐ Upset stomach
- ☐ Fatigue
- ☐ Irritability
- ☐ Headaches
- ☐ Shallow breathing
- ☐ Restlessness
- ☐ Wanting to withdraw
- ☐ Feeling emotionally drained after being around people
- ☐ Other:



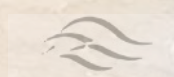
My Safe Places

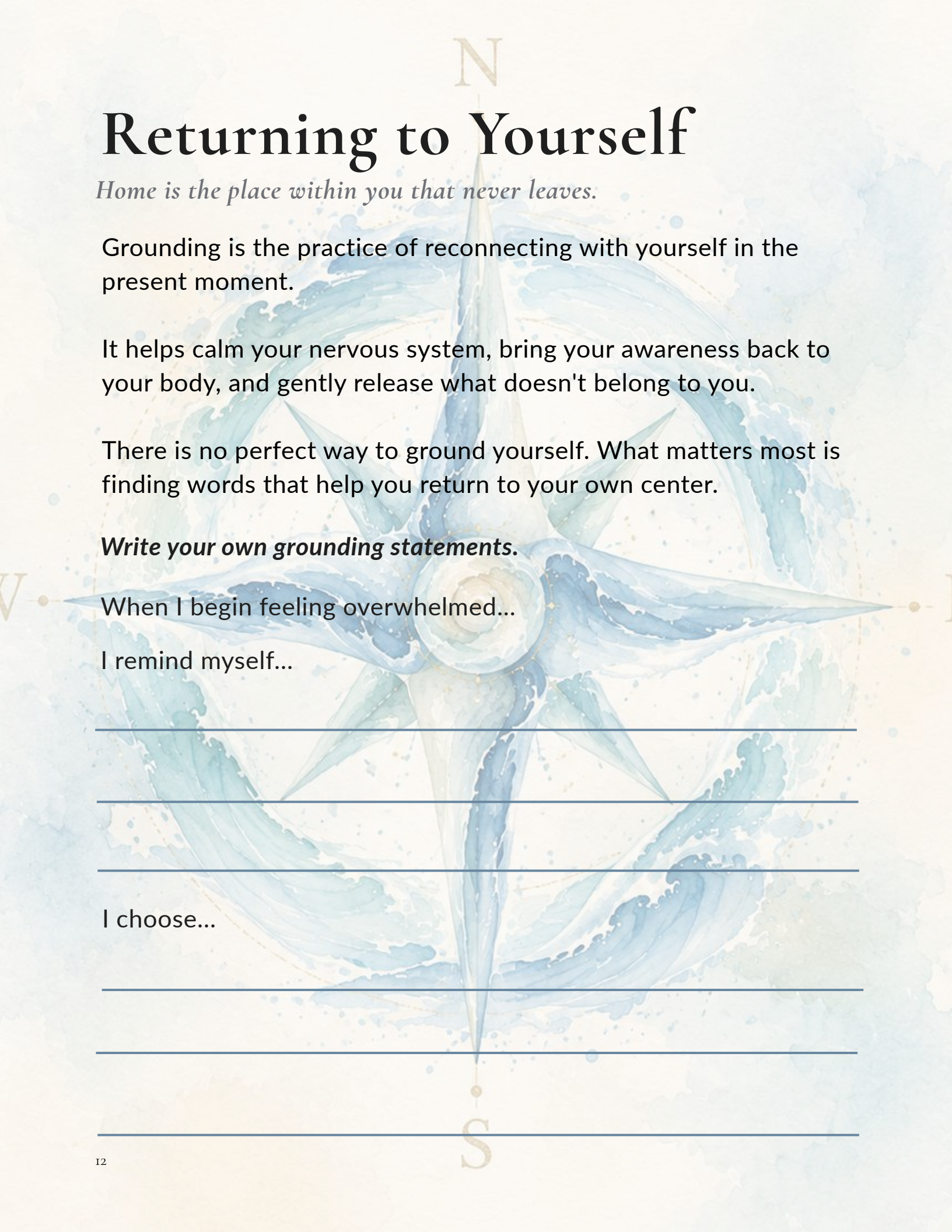
Safety begins within.

Where do you naturally return to yourself?

- ☐ Ocean
- ☐ Nature
- ☐ Prayer
- ☐ Meditation
- ☐ Reiki
- ☐ Music
- ☐ Journaling
- ☐ Quiet room
- ☐ Walking
- ☐ Pet
- ☐ Other

How do you know your body feels safe?





Returning to Yourself

Home is the place within you that never leaves.

Grounding is the practice of reconnecting with yourself in the present moment.

It helps calm your nervous system, bring your awareness back to your body, and gently release what doesn't belong to you.

There is no perfect way to ground yourself. What matters most is finding words that help you return to your own center.

Write your own grounding statements.

When I begin feeling overwhelmed...

I remind myself...

I choose...

Grounding Practice

One breath can begin bringing you back to yourself.



Place one hand on your heart.
One hand on your abdomen.

Take three slow breaths.

As you breathe, imagine anything you've been carrying for
someone else gently flowing away with each exhale—
like a wave returning to the ocean.

Then repeat:
I am here with myself.

I return to my own energy.

I release what is not mine.

Pause.

Notice.

No fixing.

Only observing.

My Personal Grounding Plan

Small practices create lasting change.

When I notice overwhelm I will...

- ☐ Step outside
- ☐ Take three breaths
- ☐ Drink water
- ☐ Journal
- ☐ Practice Reiki
- ☐ Sit quietly
- ☐ Listen to a meditation
- ☐ Call someone supportive

Other things I can do:

Boundaries That Create Peace

Boundaries don't keep love out—they help peace stay in.

Healthy boundaries are not walls.
They are ways of caring for yourself.

Gentle Reflection



Complete:

Today I give myself permission to...

I no longer have to...

Surround, Ground & Shield

A simple practice for remaining centered in any environment.

This is a simple but powerful technique taught to me by one of my mentors, Pat Longo.

In less than a minute you can protect yourself from absorbing unwanted energy in any situation.



Surround

Imagine yourself surrounded by a bubble of white light of divine protection

Ground

Imagine grounding cords from the bottom of both feet and your tailbone anchoring you to the earth

Shield

Place one hand on your heart and one on the top of your stomach and imagine yourself placing on a shield of light and protection.

Then go about your day!

Return to this practice as often as you like.

To explore this practice more deeply, listen to the "Energy Protection" episode and the "Surround, Ground & Shield" bonus episode on the Healing Waves Reiki podcast.

What Helps Me Recharge?

Notice what restores your energy as carefully as what drains it.

Gentle Reflection



Fill your own "Energy Bank."

Things that give me energy:

Things that drain me:

One small thing I can do to refill my energy today:



Gentle Reflection

Growth often arrives quietly.



Today I learned...

I noticed...

I want to remember...



My Healing Reminder

Your sensitivity is one of your greatest strengths when rooted in safety.



Sensitivity is not weakness.

Sensitivity is awareness.

Awareness becomes wisdom when it is supported by grounding.

You do not need to become less of yourself.

You simply need to remember how to return to yourself.



Continue the Journey

Every gentle step forward is part of your healing.



Your healing doesn't end here.

The Healing Waves Reiki Podcast offers conversations, guided meditations, and companion workbooks designed to help you move from listening...to experiencing healing.

Every small step matters.

Continue your journey with:

- Creating Safety Within guided meditation
- Healing Waves Reiki Podcast
- Companion workbook series
- Reiki sessions and courses
- Healing Waves Reiki community

Healing isn't about becoming someone new.

It's about creating enough safety to become more fully yourself.

With gratitude and light,

Cathy Scarpitta

Healing Waves Reiki

Continue Your Healing Journey

Where would you like to go next?

Tap any stone to continue your healing journey.



Podcast

Listen to the
companion episode.



Library

Explore more
workbooks.



Healing Waves

Visit Healing Waves Reiki
for sessions, resources
and more.



Learn

Explore courses, Reiki trainings
and CEU programs for
healthcare professionals.

Thank you for allowing me to be part of your journey.

With gratitude,
Cathy Scarpitto ♥



