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Sensitive



Why
the world badly
needs thin-skinned
INTROVERTS

BLAZE. je

I'm afraid to be *seen*.



In each of us there is another whom we don't know.



Carl Gustav Jung

This book is for *sensitive introverts*, to bring us to a belief in our inner strength and worth, and to give us the courage to show them.

It is also *for others*, to help them understand our world by giving them a glimpse of it. It is the author's wish that *introversion and sensitivity* should be understood and appreciated as *advantages and gifts*.



Sensitive follows the path to acceptance of your fragility and weirdness. It is also about healing scars on the soul. I have put a lot of myself into it.

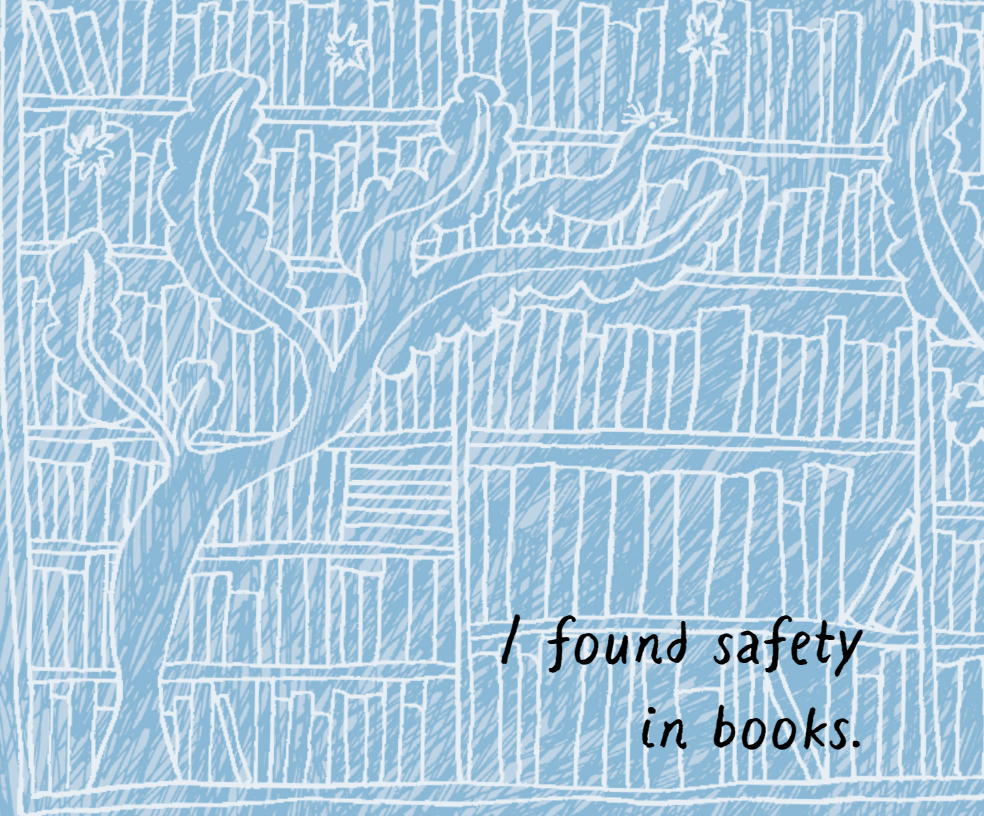
My adult self and my child self

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*I tried to fit in, to make myself invisible.
On the surface, I was good, obedient, exemplary.
I wanted people to like me. I wanted to protect
myself against a world that can be hard on
otherness and sensitivity.*

*But what happened to the real ME?
The vivacious, spontaneous, creative me...*



*I found safety
in books.*

*I love reading. It allows me to
travel in imaginary worlds. As
I was growing up, books were
my protectors and saviours.*

*I was introduced to books by my dad,
who did the graphic design for lots of
them. We lived in a small flat with a
huge bookcase packed with two rows of
books.*



We have limitless ways and
great freedom to feel

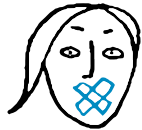
BAD:



overwhelmed
with emotion



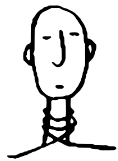
drowning in
melancholy



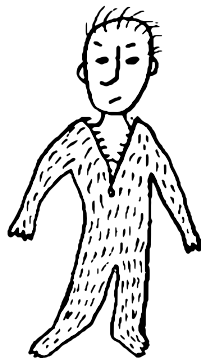
lacking
confidence



I don't
fit in.



I'm anxious.



I feel
uncomfortable.



My heart is
HEAVY.



I'm SNAPPY.



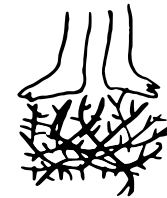
I'm DISGUSTED.



I'm BURDENED.



I'm on PINS
and NEEDLES.



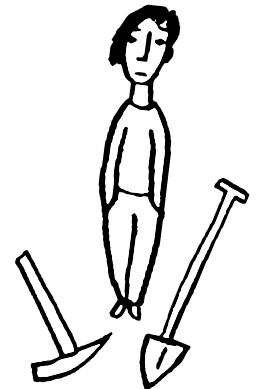
I'm on a
THORNY EDGE.



I DISSEMBLE.



I feel sorry for
MYSELF.



I undermine my
SELF-confidence.



I SEE
UNDER
THE SURFACE,
and I make
connections.

Drawn to the MYSTERIOUS

We love to reveal what is hidden, invisible or sensed but not seen. We love to walk in the dark, to be guided by our intuition and our inner voice. There is huge inner freedom in it. We love to discover treasure, even if it costs us discomfort. Sometimes we see the universe and all its connections. At others, we struggle to do the shopping.

But isn't that wonderfully human?



Sometimes we are bombarded with ideas.

Being in the universal **FLOW**
is great fun and truly fulfilling.

An extrovert in action

An introvert in action



It's a simplification, but it may help us understand some of our character traits and needs. Nothing is black or white; both extremes exist in us all. As everyone is unique, no one should be pigeonholed. In some areas we face **outwards**, in others **inwards**. The aim is to get the balance right.

Mutual enrichment

- ~ **Introverts** can learn the following from **extroverts**: relaxation, ease, openness, longing for adventure, conflict management. **Extroversion** helps move things along in a closed-off, actionless, pressure-free world.
- ~ **Extroverts** can be inspired by **introverts'** depth and originality, and their ability to listen to others and to stop and think before acting.



JIN and *JANG* – two opposing life forces, which form the essence of the universe and **BALANCE** within it. There is creative tension between them. *Introversion* is a *YIN*-like quality; *extroversion* is *YANG*-like. The two complement each other. Neither is better than the other. Each of us possesses and needs both solitude and contact. We feel a need to discover the undeveloped *introvert* or *extrovert* part of ourselves to make us complete.

2 enormous human FEARS

FEAR of DEATH

and

FEAR of speaking in PUBLIC

Babble, babble, blah...

75% of people have a fear of speaking in public, so not only *introverts*.

It can be hardest to speak off-the-cuff, i.e. without preparation.



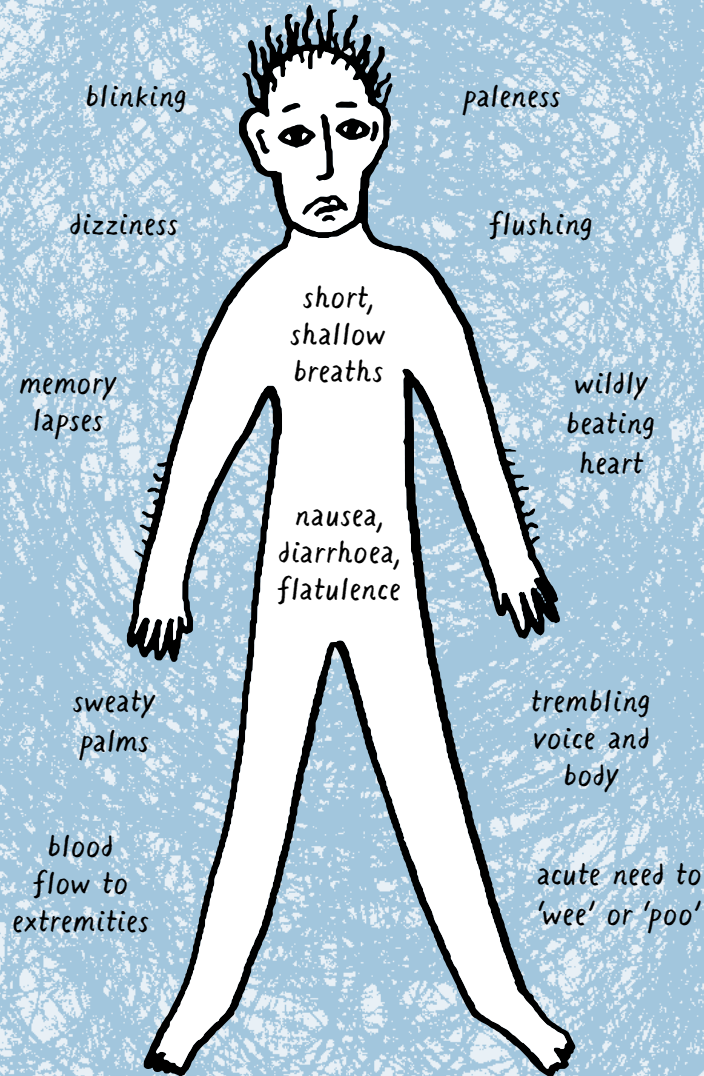
Many thousands of years ago

I must get away!

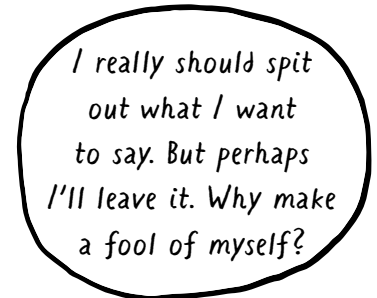
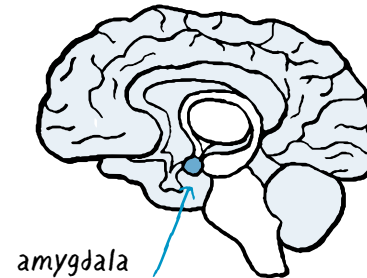
Our brain has always reacted in the same way to being watched. For many, fear of speaking in public is comparable with fear of death.

AN ANATOMY

of stage fright and its symptoms



Pitfalls of public speaking



Stage fright is a bodily response by which the adrenal glands release the stress hormones **ADRENALINE** and **CORTISOL**. It energizes our organism by triggering a response - attack, flight or torpor - in the brain's **AMYGDALA**. In the worst case, fear induces paralysis.



Are you an *INTROVERT* or a *SENSITIVE TYPE*? If not, then someone close to you surely is. Why is it *GREAT* to be one, and why does the *WORLD BADLY NEED US*?
You'll find out in this book!

- ~ An illustrated book about the journey to acceptance of one's fragility and otherness
- ~ For sensitive introverts, to help them believe in their inner strength
- ~ For others, to give them a glimpse of deep experience

We must dare to let go and show ourselves.
We must unpack our unique gifts and share them.

To show the life of a *sensitive type*, I have given this book a piece of my life as an introvert and drawn on experience that has nourished me...



For readers of all ages