

**Writing Prompts for Empaths**

If you identify as a highly sensitive person, there’s a good chance you’re an empath as well. Do you tune into the needs and emotions of other human beings and animals? Do you have a gift or vision for healing the world? Do you thirst for creativity? Do you seek out purpose and meaning in your life?

Here are questions to help you honor your empathic side. Use these prompts for journaling, or draw a picture as you explore them. You could take them on a walk or meditation journey; you could tape them to a mirror. Or, you could dance them out to music.

Approach these prompts when you’re relaxed and intuitive, not stressed or puzzling things out. Choose one, in any order, and spend anywhere from five minutes to a few hours. The point is: don’t think. Allow the truth to come to you of who you are and what you offer.

If I could create my own ritual, I would include these things:

As I let myself become still, I understand that . . .

I’m learning to let go of . . .

My purpose today has to do with . . .

I acknowledge that I have a special ability which is . . .

I’m accepting my gifts in a deeper way by . . .

I’m responding to my calling today, by . . .

My body right now is telling me that . . .

I am reserving my energy for . . .

I am holding space for . . .

If I could describe any tension in my body, and where it is located, I would say . . .

I’m honoring my uniqueness as a human being by . . .

I can accept my special place in this world by . . .

I can give myself calm and peace by . . .

I am keeping a respectful boundary for myself by . . .

One thing I appreciate about my gifts today is . . .