

# The Highly Sensitive Person: How to Thrive When the World Overwhelms You

by Elaine N. Aron

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

☐ <sup>01</sup> **Map your overload signals** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Write the three earliest signs that stimulation is getting too high: body cue, thought cue, and behavior cue. Use early signals instead of waiting for shutdown.

MON TUE WED THU FRI SAT SUN

☐ <sup>02</sup> **Create a low-input recovery block** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Choose one daily 20-minute landing pad with fewer sensory demands: quiet room, walk, low light, phone away, or simple music.

MON TUE WED THU FRI SAT SUN

☐ <sup>03</sup> **Name one preventable input** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Pick one recurring source of avoidable stimulation and change the environment before asking yourself for more willpower.

MON TUE WED THU FRI SAT SUN

☐ <sup>04</sup> **Write a boundary sentence** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Prepare one sentence you can use before overload: 'I want to stay present, so I need a quieter version of this.'

MON TUE WED THU FRI SAT SUN

☐ <sup>05</sup> **Pause before explaining yourself** ☐ ☐ ☐ ☐ ☐ ☐ ☐

When you feel pressure to justify sensitivity, take one breath and state the practical need first.

MON TUE WED THU FRI SAT SUN

☐ <sup>06</sup> **Schedule decompression after intensity** ☐ ☐ ☐ ☐ ☐ ☐ ☐

After a meeting, errand, social event, or conflict, block recovery time as part of the event, not as a reward if time remains.

MON TUE WED THU FRI SAT SUN

☐ <sup>07</sup> **Reframe one old label** ☐ ☐ ☐ ☐ ☐ ☐ ☐

When an old label appears, translate it into temperament language: sensitive, deeply processing, overstimulated, or needing recovery.