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June 4th, 2020 - but many times we must look deeply into our plexes in order to bring our emotions under control or at least to tolerate them i ve written about plexes mostly in my books the workbook the highly sensitive person in love and especially the undervalued self as emotional schemas a clear mind helps in this'

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June 7th, 2020 - women love to be friends with male hsp s but want to date and marry non hsp s one goal of the highly sensitive person in love is to help hsp women realize their mistake and hsp men to feel less to blame for their situation another goal is to explore the different ways that hsp s and sensation seekers approach intimacy'21 signs that you re a highly sensitive person hsp

June 7th, 2020 - a highly sensitive person hsp experiences the world differently than others due to a biological difference that they re born with highly sensitive people are more aware of subtleties and process information deeply this means they tend to be creative insightful and empathetic but it also means they re more prone than others to stress and overwhelm'

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