

The Educated Empath Series

THE
EDUCATED
Empath

BOOK ONE
Companion Guide

Questions to Create Awareness
and Self-Discovery

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Welcome to The Educated Empath – Book One Companion Guide.

This Companion Guide is to be used as a tool to create awareness and discovery, based on the book, The Educated Empath, Book 1. As I mentioned in the book, creating awareness is the first step to any change we could like to make in our lives.

The easiest way to create awareness is to ask ourselves questions. The almost easy part is to consider the answers. The tough part begins when we reflect on these answers. The real tough part comes when we start making changes because of our answers. But making changes is worth it, because **YOU ARE WORTH IT** and **YOUR LIFE IS WORTH ENJOYING!**

It can be very difficult for an Empath to consider themselves and their separate needs without feeling guilty for doing so. In light of that, we're going to start by simply asking a few innocuous questions, just to get the ball rolling. Okay? That seems simple enough, so let's get going!

Oh, and three more things:

- 1) This Companion Guide is for **YOU** and **ONLY YOU!** No one else needs to even know it exists. Print it out and hide it somewhere, or make a separate document for your answers and save it on your computer in a place no one will find. Whatever you need to do to keep this private, do it.
- 2) The answers in this Companion Guide mean **NOTHING** if you are not honest with yourself. As an Empath, this isn't always easy – not because Empaths are natural liars, but because Empaths do not want to talk bad about others, or they don't want to complain, or they don't want to admit what is really going on. It doesn't matter if you've **NEVER** been honest with yourself – now is the time! If you **REALLY** want to **CHANGE**, the **ONLY** way you can do it is by **BEING HONEST WITH YOURSELF**. If you follow Reminder #1 above, no one will ever know, anyway!
- 3) Some people prefer hand writing their answers, while others prefer typing them, whatever works for you is fine. It may be easier to print out the pages you'll use the most and insert them into a binder to be more accessible.

With that being said, let's get started with some easy questions:

Section 1. My Overall Life. These questions are to get a little perspective of where we are and our mindset right now.

1) Today's Date: _____

2) My name Today: _____

3) Any other names I've ever had (nicknames, middle names, maiden or married names, pet names, etc.):

4) Where I currently live: _____

Is this my favorite place I've ever lived? _____

If so, explain why. (If not, list your favorite place and why.) _____

5) How old am I right now? _____

Is this my favorite decade of life? _____

Why or why not? (If it's not, what was your favorite decade and why?) _____

6) Who do I live with right now? _____

How do I feel about living with them? (List each one individually. If you live alone, write how you feel about that.) _____

7) Where do I currently work? (If you don't have a job, list your responsibilities at home or volunteer work). How do I feel about this?

8) How is my health right now? How do I feel about my body and my weight?

9) What are some major things going on in my life right now? How do I see them playing out? What do I think will happen next?

10) What do I think my life will look like one year from now?

11) If I could make one major, crazy change in my life in the next year, what would it be?

Section 2: Breaking it down. In this section, we're going to go back and revisit information from *The Educated Empath Book 1, Chapter 5: Alienation of the Empath.*

1) Place a checkmark next to any of these statements that have been said about you:

- You are too sensitive, be tougher.
- You take everything so personal, it's not always about you.
- You are so thin-skinned, you better toughen up to survive.
- You are too emotional, learn to control your feelings.
- Why do you think you need to help everyone?
- You trust too much.
- You are too open, you tell people too much.
- Can't you just get over it and move on?
- Why do you always need to defend someone?
- Why do you have so many animals?
- Stop crying or I'll give you something to cry about.
- You are making too big of a deal about this.
- Stop worrying about work, no one else cares as much as you do.
- Why do you keep giving her so many chances?
- You are so naive, wisen up!
- You don't really feel like that.
- Why do you always have to stick up for him?
- Nobody cares, why do you?

2) Pick 3 of the items that were said about you. We're going to document those situations now. Answer the following questions about those 3 things said about you.

1.

- a. What did the person say?

- b. Who said it? How long ago was it? How old were you?

- c. What situation were they saying it about?

- d. How did it make you feel?

- e. What was your side of what was happening in this situation?

- f. How did the situation end?

- g. Did the situation keep happening after this incident?

- h. If you could change the outcome of what happened, how would it look different? What do you wish you could have done to make it different, even from the beginning, or how do you wish the other person could have acted different?

2.

- a. What did the person say?

- b. Who said it? How long ago was it? How old were you?

- c. What situation were they saying it about?
- d. How did it make you feel?
- e. What was your side of what was happening in this situation?
- f. How did the situation end?
- g. Did the situation keep happening after this incident?
- h. If you could change the outcome of what happened, how would it look different? What do you wish you could have done to make it different, even from the beginning, or how do you wish the other person could have acted different?

3.

- a. What did the person say?
- b. Who said it? How long ago was it? How old were you?
- c. What situation were they saying it about?
- d. How did it make you feel?

e. What was your side of what was happening in this situation?

f. How did the situation end?

g. Did the situation keep happening after this incident?

h. If you could change the outcome of what happened, how would it look different? What do you wish you could have done to make it different, even from the beginning, or how do you wish the other person could have acted different?

3) What would have been a better way for the other person to handle the situation? What would have been a better way for you to handle the situation?

4) What other things have been said about you?

a. How do those statements make you feel?

b. Is there any truth to those statements? How would you reword the sentences so they are still true, but not hurtful?

(For example: If someone said, “You care too much about your job”, you can change that to, “I care about my job because I am a hard worker and I like to do a job right the first time.”)

Section 3. Coping Mechanisms. How have you coped as an Empath?

Here’s another excerpt from Chapter 5: Alienation of the Empath. The following questions relate to this excerpt.

The first reaction is to become the **OPEN EMPATH** where we **internalize the messages, feel shameful for our natural behavior and want to please others even more.** Our lives are led by the opinions and needs of the people around us, and much of our time is spent attending to their happiness. Our natural tendencies are now amplified and we continue to search for validation using our natural gifts of care-taking, problem solving, and helping others.

The second reaction is to become the opposite - the **CLOSED EMPATH.** **This is where we learned it was much safer to hide who we are, shut down our feelings, and adapt to the world around us.** We learn to control our emotions, to monitor how much of ourselves each person sees, and to manage our image. We don't let many people close, and even those we let in can only get so far. After awhile, we forget what made us special and we have a difficult time accessing our true needs and emotions. We do things to get acceptance, (including changing our outward opinions) but feel empty inside.

That’s why Empaths can look so different. **The OPEN EMPATH may appear as a sweet, pleasant, people pleaser. The CLOSED EMPATH may appear as a tough, direct, strong person who must speak their mind to anyone around. However, they are BOTH suffering from a**

lack of being true to themselves, and they both need to grow in order to find happiness.

- 1) How have you coped as an Empath? Do you tend to be more of an Open Empath or a Closed Empath?

- 2) Have there been times or relationships when you were an Open Empath, but other times when you were a Closed Empath?

- 3) Do you tend to be one way or the other at work?

- 4) How about at home?

- 5) Where you one way as a child and another as an adult?

- 6) Do you think one or both of your parents are Empaths? If so, would they tend to be Open or Closed? How has this affected you?

- 7) Can you identify other Open or Closed Empaths around you?

Section 4: Getting Empowered!

Sometimes, as an Empath, we just don't know what to say to defend ourselves. Or sometimes, we know what to say, but we only think of it hours later – too late to change anything. Sometimes, just having the words ready really help in the moment.

The following excerpt is from Chapter 6: Healing Tools for Empaths.

Feeling Defensive or Explaining Yourself

When you find yourself feeling defensive, or have the desire to explain your actions, repeat the following sentences to yourself - and say them out loud to anyone who is invoking these feelings in you:

- If I feel it, it's right for me.
- I do not need to explain myself.
- I am only responsible for me and my happiness.
- Just because they said it does not mean it's true.
- I will not feel guilty for having a different opinion.
- Only I know what is best for me.
- I no longer fear other people judging me.
- What motivates a person to treat me like that?
- I will stop living my life by what other people expect of me.
- It's ok for me to feel scared, or angry, or vulnerable.
- I will not let others take advantage of my time, energy, or money.

1) Pick 3 statements from the two lists above, and answer the questions below:

Write Statement 1 here: _____

_____.

In what situation will you say this statement? _____

_____.

Who will you say this statement to? _____.

How will you feel when you say it? _____.

What will you say after it? _____

_____.

What do you think the other person will say? _____

_____.

How will you respond in an empowered way? _____

_____.

Write Statement 2 here: _____

_____.

In what situation will you say this statement? _____

Who will you say this statement to? _____.

How will you feel when you say it? _____.

What will you say after it? _____

_____.

What do you think the other person will say? _____

_____.

How will you respond in an empowered way? _____

_____.

Write Statement 3 here: _____

_____.

In what situation will you say this statement? _____

Who will you say this statement to? _____.

How will you feel when you say it? _____.

What will you say after it? _____

_____.

What do you think the other person will say? _____

_____.

How will you respond in an empowered way? _____

_____.

Write YOUR OWN statement here (something not included above):

_____.

In what situation will you say this statement? _____

Who will you say this statement to? _____.

How will you feel when you say it? _____.

What will you say after it? _____

What do you think the other person will say? _____

How will you respond in an empowered way? _____

Worrying about Life and Other People

Many Empaths are prone to worry. This may come from a desire to control their environment, or the tendency to put others' needs ahead of their own, or it may even come from a lack of trust in others, themselves, and the Universe or God). Here are a few affirmations you can say if you are feeling any of these ways:

- Worrying is a lack of faith, I no longer worry.
- I trust my Higher Wisdom to take this.
- This is their problem, not mine.
- They created this problem, they need to solve it.
- Worrying is a waste of my energy, I have other things to do.
- It is not my responsibility to be the only person taking care of other family members or trying to keep family bonds strong.
- When I want something for myself I will not feel guilty and I will not ask for permission to want it.
- I have the right to say "NO" to anything.
- I will not take the blame or responsibilities of others.

- I will remember that just because someone promises me something, it does not mean they intend to do it - actions speak louder than words.
- I no longer feel the need to settle for something less than I want and I will not talk myself out of getting what I really want.
- I will not take the sole responsibility of making a relationship work and doing all the compromising.
- Just because I am related to someone (even my parents), I am not obligated to do what they want me to do. I will not longer fear their judgment or beg them to love me or show me gratitude.
- Sometimes people have to deal with the consequences of their actions, it's not up to me to save them or fix them.
- It's not my job to convince anyone of anything, I just need to live my own truth.

2) Pick 3 affirmations from above and decide to use them each day. It's a good idea to write them out and post them or carry them with you where you can see them. Where are a few places that you could post these affirmations?

Section 5: Reflection.

After reading this book, *The Educated Empath, Book 1*, has your opinion of yourself changed? What did you learn about being an Empath? *The questions below pertain to your overall experience.*

- 1) What qualities do I have that I now know are EMPATHIC qualities?

- 2) How has being an Empath helped me in my life?

- 3) How has it made my life more difficult?

- 4) What do I now understand about my life that I did not understand before?

- 5) I am now aware of the changes I want to make in my life. These changes include:

6) The first change I'm going to make is:

7) The action steps needed to make this change are:

8) The timeframe it will take to make this change is:

9) When this change is complete, this part of my life will look like:

10) What is the ONE THING I learned about myself by reading this book that I DO NOT WANT TO FORGET?

*Thank you for taking the time to read *The Educated Empath Book 1*, and its *Companion Guide*. For more information about these and other programs, please visit www.AngelaBoswell.com, and visit www.facebook.com/AbsolutelyAngela.*