

## Healthy & Unhealthy Traits Of Empaths

Today's podcast is about healthy & unhealthy traits of empaths.

Empaths are individuals who possess the ability to understand & share the feelings of others, often to a profound degree. However, not all empaths navigate this gift in the same, healthy way.

A big part of being a healthy empath means having good boundaries & the ability to say no when necessary. Unhealthy empaths, on the other hand, struggle to set boundaries & often find themselves saying yes even when they want to say no. This lack of assertiveness can lead to emotional exhaustion & a compromised sense of self.

Healthy empaths understand the importance of setting boundaries. They recognize that their emotional well being is just as important as the well being of those around them. They have a clear understanding of their own limits & are not afraid to communicate them to others. By setting boundaries, they effectively protect themselves from being overwhelmed by the negative emotions & energies of others.

Healthy empaths also possess the ability to say no when necessary. They understand that it is not their responsibility to fix everyone's problems or carry the weight of the world on their shoulders. Instead, they prioritize their own needs & well being, recognizing that by taking care of themselves, they can better support & serve others in the long run.

A healthy empath will recognize when they need to step back & recharge. While unhealthy empaths constantly prioritize the well being of others above their own, healthy empaths understand the importance of self care & self love. They recognize that they cannot pour from an empty cup & that taking care of themselves is essential for their own happiness & overall well being.

Healthy empaths value their own needs & desires, just as much as they value the needs of others. They understand that a one sided relationship, where they constantly sacrifice their own well being for the sake of others, is unsustainable & unhealthy. Instead, they actively seek out balanced relationships where both parties contribute & support one another.

Healthy empaths are also not afraid to distance themselves from toxic relationships or individuals who continually use or abuse them. They understand that protecting themselves is vital for their own mental & emotional health.

Finding balance in relationships is crucial, especially for empathic people who can slip into being out of balance very easily. It requires a delicate dance between connecting with others on a deep level & knowing when to step back to preserve one's own well being. This balance can be particularly challenging for those who were

taught that they needed to prioritize others at all times no matter the personal cost, such as victims of narcissistic abuse.

Cultivating self awareness is also crucial. Learn to be attuned to your own emotions & energy levels, & recognize when you need to take a step back. Prioritize regular self reflection & self care activities that replenish your energy & help maintain emotional equilibrium.

Additionally, seeking support from like minded individuals can be immensely beneficial. Connecting with others who understand the unique challenges & experiences of being an empath can provide validation & guidance. Through shared experiences & insights, it's possible to learn from one another & develop strategies for navigating empathic abilities in a healthy & balanced manner.

In conclusion, the traits & behaviors of healthy & unhealthy empaths differ significantly. By cultivating self awareness, prioritizing self care, & seeking support from like minded individuals, it's possible to navigate empathic abilities in a healthy & balanced way. Remember, being an empath is a beautiful gift, & with the right mindset & strategies, it can be embraced & harnessed to make a positive impact in the world.

Thank you for listening to my podcast!