

*Follow along on the journey of Discovery and Recovery from a lifetime of Narcissistic abuse. An inspirational, motivational, educational, and informational journey of healing from a Highly Sensitive Person. Deep thoughts, and observations, covering a multitude of topics and life lessons for the HSP and others in this Narcissistic World.*

## **Highly Sensitive in a Narcissistic World**

by Brian Dering

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The background of the book cover features a warm, golden-orange sky with numerous birds in flight. In the lower-left corner, the silhouette of a person is shown from the waist up, with their right arm raised and hand open, reaching towards the sky. The overall mood is one of hope and aspiration.

BRIAN DERING

*Highly  
Sensitive*

IN A  
NARCISSISTIC  
WORLD

A YEAR IN THE JOURNEY OF  
DISCOVERY AND RECOVERY

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## **DISCLAIMER**

This book details the author's personal experiences with and opinions about Highly Sensitive People and Narcissism. The author is not a healthcare provider.

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*Brian Dering*

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**Day 192:**

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*Thought of the day: 'Choose wisely'*

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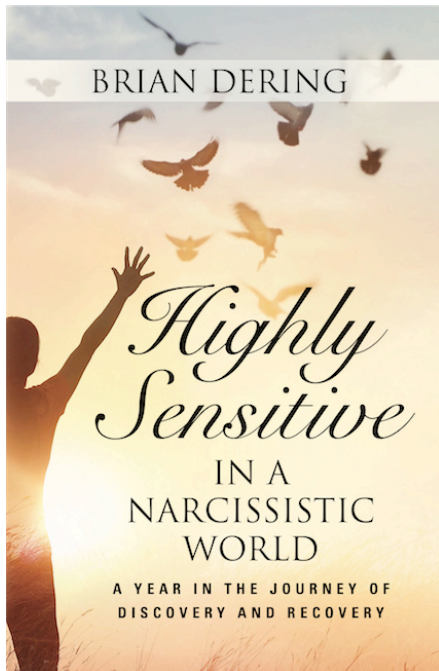
We really DO have the power to choose how we react and how we allow 'things' to affect us. Some things are necessary for us to address and others, simply, are not. I know I have gotten caught up in other people's drama and non-sense too often...Just accepting whatever someone threw at me as my responsibility. And many times, it was not at all my responsibility, but I always did what I could to help.

However, I have learned that I am the only one who can choose 'optional' issues I will address. If someone gave me a pair of high heels, it does NOT mean 'I' must wear them. I can find someone who they fit...instead of having to wear them myself. Or, I could just as easily refuse and thank them for the offer. Either way, I do not have to accept what someone else gives me.

The same goes for those who give us 'crap' and negativity. We do not have to address it or even accept it if we choose not to. I am sure most of us have discovered; those people who DO give us "crap and negativity", never want it back. Most often, these people get downright indignant and hostile. And they usually find some reason for their anger to be our "fault".

Don't buy into it! We need to respect ourselves, especially when we are being disrespected. Our reaction can either reinforce their tantrum (by accepting their nonsense) or shut it down (by shutting them out). We ALWAYS have the power to make the choice of what is best for US.

Please be kind to yourself and others.



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