

the
HIGHLY
SENSITIVE
PERSON

30 days Journal

VERSIONE21.COM

If you have ever been told that you are “TOO sensitive,” this journal is for you.

For 30 days, you will find one guiding question each day, along with two blank pages to respond and write freely.

Week after week, you will be supported in listening to your emotions, recognising your needs, managing your energy, and strengthening your self-confidence.

A simple yet profound journey to transform your sensitivity into an everyday resource.



“ Where there is
great sensitivity,
there is great strength”

Leonardo Da Vinci

This journal is your space to
recognize and honor that strength.





Dear Highly Sensitive Person,

This journal is a simple and safe space to listen to yourself every day and give value to what you feel.

Each day you will find a guiding question and two blank pages.

Start from that question, let the answer flow, and if you have space left, also write about what you experienced during the day or what is on your mind at that moment. The idea is to give yourself a few minutes of daily self-listening, to become more aware of what you feel, who you are, and who you want to become.

Each week, on the seventh day, you will find a moment of reflection to review and go deeper into what you explored in the previous days.

At the end of the 30 days, there will be a final recap to help you look at your journey from beginning to end.

At the back of the journal, you will also find some coloring pages with affirmations.



They are meant as a creative and relaxing space you can use whenever you want: before writing, after a long day, or simply when you feel the need to pause and breathe.

It is not a task, but an invitation.

You will also find some blank pages for notes, extra reflections, or drawings. They are there to give you even more freedom.

You can repeat this journal whenever you wish. Use it as a tool to observe your growth over time or as a basis for reflection in therapy.

If you would like to share your experience or go deeper into your personal work, you can contact me at info@versione21.com

or visit the website <https://www.versione21.com>

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This journal is a small companion on your journey. Let it work with you, at your pace.

Simona D'Isanto



THE OWNER OF
THIS JOURNAL IS



Week 1

Emotions and Body

Listening





*La pleine
présence
stabilise*

THICH NHAT HANH



HOW DID YOUR DAY GO?

DO A BODY SCAN:

- **WHERE DO YOU FEEL THE MOST TENSION?**
- **WHICH EMOTIONS COME UP AND IN WHICH PART OF THE BODY?**

DESCRIBE IT WITH SIMPLE IMAGES



*Writing
organizes
emotions*

VIRGINIA WOOLF



- **DURING THE DAY, DID YOU ASK YOURSELF HOW YOU WERE FEELING?**
- **WHERE DID YOU FEEL THE EMOTIONS?**
- **DO THEY BELONG TO YOU OR DID YOU PICK THEM UP FROM SOMEONE ELSE?**



*Acceptance
reduces
struggle*
SENECA



HOW DO YOU FEEL RIGHT NOW?

*DESCRIBE THE EMOTION OR EMOTIONS AS YOU
FEEL THEM IN YOUR BODY AND WHERE THEY ARE
LOCATED*



*Self knowledge
brings
steadiness*

JAMES BALDWIN



*Presence
transforms
experience*

SIMONE WEIL



A) AFTER RECOGNIZING YOUR NEEDS, ASK YOURSELF:

“WHAT DO I WANT NOW?”

OBSERVE HOW YOUR INNER SENSATION CHANGES.



*Inner truth
frees
the heart*

MAYA ANGELOU



B) WHAT DO YOU WISH FOR YOURSELF IN THE SHORT TERM (WITHIN A MONTH), MEDIUM TERM (WITHIN SIX MONTHS), LONG TERM (ONE OR TWO YEARS)?

WRITE IT DOWN, OBSERVING HOW YOU FEEL WHILE DOING IT.



*Clarity
reduces
confusion*
ALBERT CAMUS



WEEKLY SUMMARY

HOW DID IT FEEL TO TAKE A FEW MINUTES EACH DAY TO LISTEN TO YOURSELF?



WEEKLY SUMMARY

**WHAT EMOTIONS DID YOU EXPERIENCE WHILE
WRITING YOUR DESIRES?**



WEEKLY SUMMARY

READ YOUR ANSWERS FROM THE WEEK:

WERE YOU ENCOURAGING OR JUDGMENTAL TOWARD YOURSELF?

IF NEEDED, REPHRASE AS IF YOU WERE SPEAKING TO A CLOSE FRIEND.



*Responsibility
begins
within*

HANNAH ARENDT



*Love
respects
depth*

KHALIL GIBRAN



Week 2

Energy and Boundaries

Protection





- **HOW IS YOUR ENERGY LEVEL TODAY?**
- **ON A SCALE FROM 1 TO 10, WHAT SCORE DO YOU GIVE YOURSELF?**
- **DO YOU KNOW WHY YOU GAVE YOURSELF THAT SCORE?**



*Moderation
protects
balance*

SENECA



WHO AMONG THE PEOPLE YOU SEE REGULARLY TENDS TO LEAVE YOU DRAINED?

MAKE A LIST, EXPLAIN HOW YOU FEEL AFTERWARDS AND WHY YOU THINK IT HAPPENS.



*Sincere listening
soothes
the inner system*
CARL ROGERS



WHICH PLACES OR ACTIVITIES DO YOU FEEL DRAIN YOUR ENERGY?

DESCRIBE THEM IN DETAIL.



*Sensitivity
perceives
fine details*

ELAINE ARON



- **HOW DO YOU SET YOUR BOUNDARIES?**
- **WITH CALM AND CLARITY, OR ONLY WHEN YOU ARE ALREADY EXHAUSTED?**
- **HOW DO YOU FEEL AFTER SETTING A BOUNDARY?**



*Boundaries
bring
clarity*
JACQUES SALOMÉ



- **IN MOMENTS OF FATIGUE, WHAT THOUGHTS ABOUT YOURSELF COME UP?**
- **ARE YOU ABLE TO NOTICE THEM CLEARLY?**



*Gentleness
repairs
after hardship*
BORIS CYRULNIK



WHICH PEOPLE, PLACES, OR ACTIVITIES RECHARGE YOU THE MOST?

DESCRIBE THEM.



*What matters
is felt*

ANTOINE DE SAINT-EXUPÉRY



WEEKLY SUMMARY

LOOK BACK AT WHAT YOU WROTE THIS WEEK.

WHAT COULD YOU CHANGE TO PRESERVE MORE ENERGY?



WEEKLY SUMMARY

CAN YOU DISTINGUISH WHEN YOU ARE SETTING A HEALTHY BOUNDARY FROM WHEN YOU ARE BUILDING A WALL?



WEEKLY SUMMARY

WHO IN YOUR FAMILY OR ENVIRONMENT TENDS TO USE THE THOUGHTS OR PHRASES YOU NOTICED AS JUDGMENTAL?

WRITE THE JUDGEMENTAL THOUGHT, THE CIRCUMSTANCES AND THE RELATIVE PERSON WHO IS USED TO SAY THAT



*Attention heals
quietly*
SIMONE WEIL



Week 3

Energy and Authenticity

Truth





- **WHEN DO YOU ALLOW YOURSELF TO BE AUTHENTIC?**
- **WITH WHOM, IN WHICH SITUATIONS?**
- **HOW DO YOU FEEL AFTERWARDS?**



*Truthful speech
gives
structure*

HANNAH ARENDT



*Trust
sustains
what is alive*

ANTOINE DE SAINT-EXUPÉRY



**IF YOU FELT FREE TO ALWAYS BE YOURSELF,
WHAT WOULD CHANGE IN YOUR LIFE?**



*Relational
safety supports
change*
CARL ROGERS



*Naming emotion
reduces
the load*

BORIS CYRULNIK



*Thinking
connects
emotion and
meaning*
HANNAH ARENDT



- **WHEN DO YOU FEEL GRATITUDE?**
- **WHERE DO YOU SENSE IT IN YOUR BODY?**
- **HOW OFTEN DO YOU EXPERIENCE IT?**

Lined area for writing answers to the reflection questions.



*Simplicity
protects
what matters*

SIMONE WEIL



WEEKLY SUMMARY

- **WHAT KEEPS YOU FROM TAKING OFF THE MASK MORE OFTEN?**
- **WHAT WOULD YOU NEED TO DO SO?**



WEEKLY SUMMARY

- **DO YOU KNOW WHERE YOUR AUTOMATIC REACTIONS COME FROM?**
- **CAN YOU FACE THEM ON YOUR OWN, OR DO YOU THINK SUPPORT IS NEEDED?**



WEEKLY SUMMARY

WHICH ENERGY-DRAINING HABITS ARE YOU READY TO CHANGE?



Week 4

Confidence and Self-Esteem

Strength





*Acceptance
reduces
struggle*
SENECA



*Coherence
soothes*

ALBERT CAMUS



- **ON A SCALE FROM 1 TO 10, WHAT OPINION DO YOU HAVE OF YOURSELF TODAY?**
- **HOW DO YOU FEEL WHEN RATING YOURSELF? WHERE WOULD YOU LIKE TO GROW?**



*Gentleness
strengthens
self-esteem*
MAYA ANGELOU



WRITE DOWN YOUR VICTORIES, BIG OR SMALL (EXAM, DRIVER'S LICENSE, SUCCESSFUL PROJECT).

REMEMBER HOW YOU FELT AT THAT TIME.



*Compassion
begins with
oneself*

CHRISTOPHE ANDRÉ



REGARDING THE AREAS WHERE YOU WANT TO GROW:

- **DO YOU SEE THEM AS LACKS OR AS OPPORTUNITIES FOR GROWTH?**
- **HOW WOULD YOUR LIFE CHANGE, EVEN WITH A SMALL IMPROVEMENT?**



*Intensity
deserves space*
VIRGINIA WOOLF



IF YOU IMPROVED THESE ASPECTS,

- **WHAT WOULD GIVE YOU ANXIETY OR FEAR?**
- **WHAT WOULD YOU NEED TO FEEL SAFE?**



*Inner truth
sets
you free*
MAYA ANGELOU



WEEKLY SUMMARY

**LOOKING BACK AT WHAT YOU WROTE THESE DAYS,
WHAT SURPRISED YOU MOST ABOUT YOURSELF?**



WEEKLY SUMMARY

WHAT CONCRETE STEP COULD YOU TAKE NOW TO STRENGTHEN YOUR SELF-ESTEEM AND SELF-CONFIDENCE?



*Silence
organizes
the soul*

RAINER MARIA RILKE



BONUS DAY

- **WHAT ARE YOUR BIGGEST DREAMS?**
- **WHAT WOULD YOU NEED TO MAKE THEM COME TRUE?**



*Lucidity
supports
ethics*

ALBERT CAMUS



FINAL SUMMARY

REVIEW YOUR MONTH.

WHAT ARE THE THREE MOST IMPORTANT DISCOVERIES ABOUT YOURSELF?



*Patience
respects
inner time*

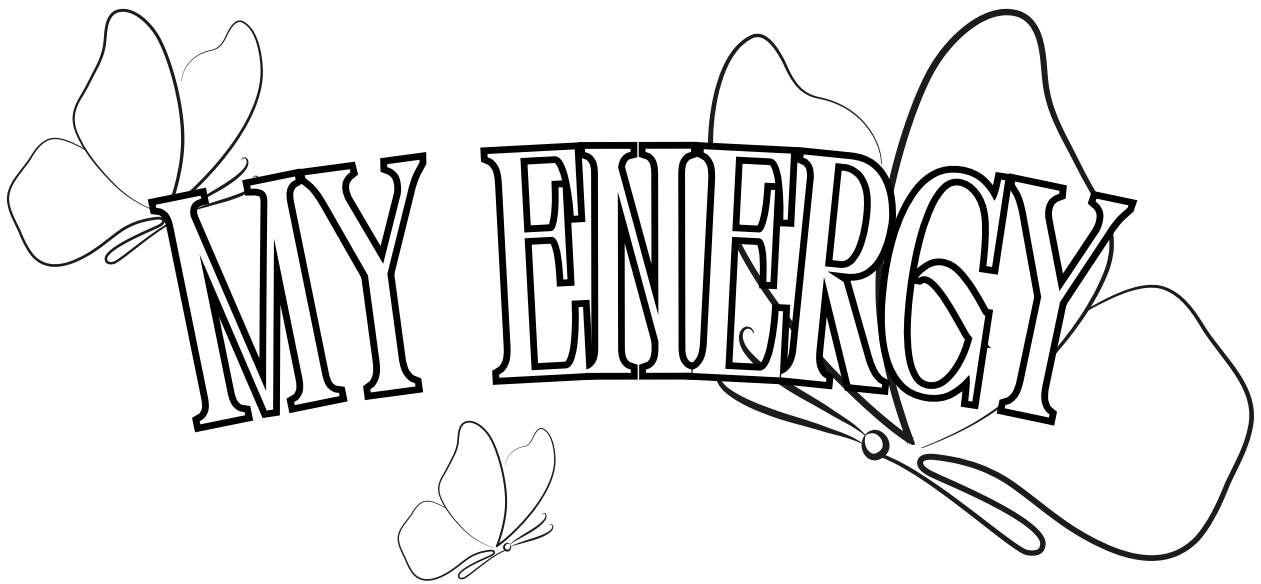
RAINER MARIA RILKE



Colouring Pages







MY ENERGY

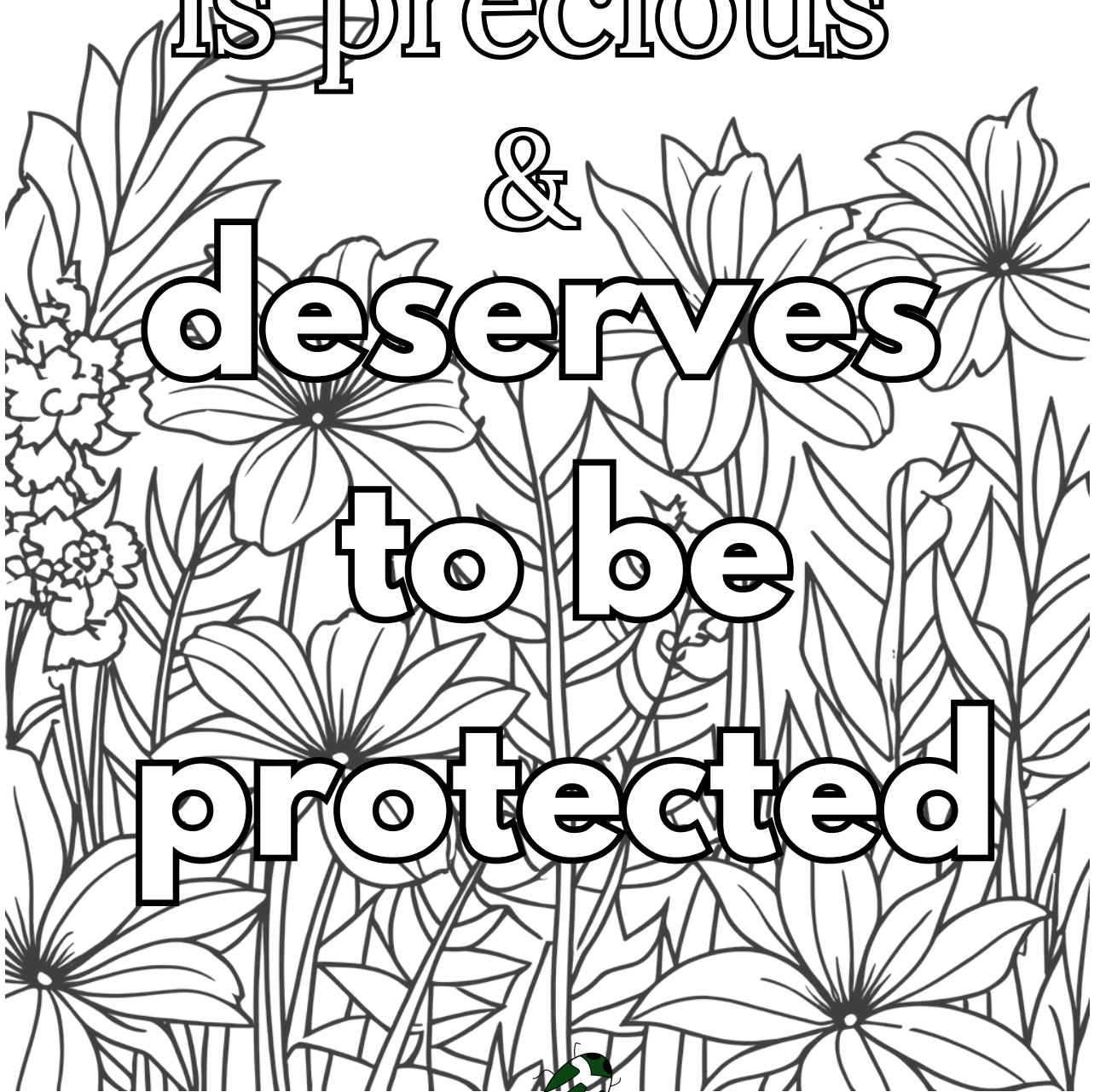
is precious

&

deserves

to be

protected







I have
the right
to say NO
WITHOUT
FEELING
GUILTY







WHEN

I RESPECT MYSELF

**I FIND STRENGTH
AGAIN**









NOTES

*Solitude
nourishes
clarity*
RAINER MARIA RILKE



NOTES

*Rest
protects
depth*
ELAINE ARON



NOTES

*Slowness
supports
peace*

THICH NHAT HANH



NOTES

*Simplicity
protects
what matters*

SIMONE WEIL





IF YOU LIKED IT
VISIT MY AMAZON PAGE
FOR OTHER PRODUCTS LIKE THIS
OR
TO LEAVE A COMMENT

