

*Please add your gratitudes to this community board,
and you might enjoy just reading—it's very inspiring.*

You can add your gratitude as a comment/edit. The community guides will approve them each evening, so the document will grow as you contribute. If you feel called to become a community guide on this board, please reach out to Are You Highly Sensitive. Please return often, and you can even use this for a daily gratitude practice. You are invited to put your gratitudes in anonymously. If you would like to use your initials or the date, feel free. It is Alane's hope that we will create a wonderful document to share in our communities.

Here is the link to this document so you can easily return:


 **Community GRATITUDE Board: Are You Highly Sensitive**

I am grateful for:

- My strong empathy
- I'm an aware and careful mom
- Finding a group of people like me
- I love easily
- I am perceptive and see things that most people overlook.
- The ability to grow and change (thank goodness!!!)
- Perfectionism because I do great work.
- Aunt Sally
- Thank you to my mother for always accepting me!
- Grandma
- My ex made me feel secure and safe
- Emotional warmth
- Julie for truly seeing and understanding me
- Thank you, Priel, for seeing and holding me before I truly saw and could hold mommy
- My mother, Suzy, and Rachel
- My maternal grandmother and my husband Ron.
- Jayne, a therapist years ago who remothered me
- My brother protected me and shared creativity. He knew me!
- Grandma Rose - you gave me unconditional love and a feeling of 100% acceptance.
- My spouse...unconditional love
- Thanks to my friend John who helped me out of a dark place
- My maid, my ex-husband, my therapist

- Evelyn, Art, Rich, Alan, Cynthia seeing, accepting, sharing your love and acceptance
- My ex-girlfriend who is now my best friend.
- Melanie, Mary Claire, and the women who are strong, vulnerable, and kind fellow business owners
- Sending gratitude to my sweet little Grandma who always made time for me. She made me feel heard and seen and loved unconditionally. I miss her so much!
- I am grateful to my late therapist John Firman who saw the Divine in me; to my late Soul Friend Eytan Ben Sheviah; and several more...
- My late husband...
- My dad, you made me feel safe
- My dad - best ever
- Thank you, Meg, for seeing me and the child I was through my writing about her...and for loving me and her.
- Thanks Savannah and Jeremy for appreciating me for the way I show up and listen
- My late Aunt Zelda
- My family doctor - thank you and bless you
- My 9th grade math teacher who saw me and encouraged me.
- Auntie Maria - thank you for your love, acceptance and understanding of me
- Beth - made me feel important, loved me unconditionally
- ChinPao - being there when both my parents died, and so many times before
- Sending love and gratitude to Stacey on the west coast. Thanks for being my cheerleader and giving me clarity on myself when I didn't even realize I needed it
- My partner Jim and my mother, thank you for your deep love.
- Thank you Grandpa and Grandma for helping me know I was a sweet little girl 🧒 and a good person, worthy of love.
- Gratitude to Mom and Dad, to Nana and Margaret and Blodwyn.
- My husband, gratitude for seeing me
- 6th grade English teacher, Mr. Thachno
- Thank you, Moritz, for standing by me in every difficult situation in my life!
- Thank you, Mary, for as recently as yesterday seeing my grateful heart not the shadows...
- My therapist Susan who has shown me love and acceptance
- My 8th grade teacher, Mrs. Fairbetter who SAW me and gave me sanctuary.
- Mme Mislin, you saw me very early on
- Kindness, care and generosity
- Aunt, sis and son. Thanks for letting me be me.
- Mrs. Jewson, my primary school teacher. Thank you for everything.
- Gratitude to godmother, lol Kate
- My friend, my Mum, my high school teacher
- Tom, who brings me gifts every week and refuses reciprocation, so I am able to receive the gifts completely.
- My great-grandma who was very sweet to me
- Thank you, Melissa, beyond what words can say or hold for the years of you seeing me in our loving therapy sessions over the years.

- My older sister, who I didn't know about or meet until I was in my 50s. She taught me generosity and Buddhist meditation. She opened her home to me. I felt more loved with her than anyone else in my family..
- My dad for protecting me the best he knew, my brothers who loved me, my husband who supports me, my daughter who brings me light, and my mom who is my angel helping me from the next realm.
- My friends, who bring me love and light every day
- Aging: I am grateful for my life experience and education.
- Grateful to have time with my mom while caring for her
- Financial tracking: grateful to stay solvent
- Grateful that I have so much to do each day. Keeps me busy moving and my mind focussed on daily goals.
- Grateful for the community and the opportunities to learn!
- Grateful for cohousing and being able to live alongside my 3 year old granddaughter
- My Oma
- Mrs. Fairbetter who saw the sensitive and weird ones and created sanctuary in her 8th grade classroom for us... and of course listened, guided, and loved us.
- Walking. Coastal juniper trees. Hugs.
- 1, My back feels better; 2, the sun; and 3, my 3 kids
- I'm super grateful for my husband, my best friend and my son! I can't imagine my life without all 3 of them
- Clean air! walking, warm tea
- The beauty of autumn leaves, restful being, walking in the lovely weather
- I'm grateful for my HSP sweetheart, Matthew.
- The rain last night, flowers outside the window and this HSP program!
- Being in the company of my two year old grandson....the colors of the leaves here in NE....being able to walk and walk under a safe sky
- My health, Warm sun, and Family
- The support I receive from my spirit team, my creative birthrights, knowing why I am here
- Fresh Mountain Air, My barking dogs, The Ability to Heal!
- My parents, my health and my friends
- My cat, the vibrant leaves, the sun shining through my kitchen window
- A good dependable washing machine, and the backyard space for a clothesline. My clothes smell so full of sunshine and fresh air!
- My old friends that are still in my life
- Grateful (but exhausted) to be a rescue 'parent' to a HSP rescue dog. We're emotional twins. For better or worse.
- I'm grateful that my partner is well after being sick over the weekend, for my magic studies, and for my favorite counseling clients that I look forward to talking with each week.
- Love my son, flowers in the house, a lovely warm autumn day in the UK!
- I'm so grateful for this class, which is helping me learn that reframing my life is not difficult, and giving me so many tools to help me recharge during the day. Thank you, Alane!

- Today I feel very embodied and attuned to my intuition.
- finishing my dissertation in 2009, my committee, the Institute library, the training I received at the institute, the people I interviewed.
- Grateful of my sensitive Mom's love, care and kindness.
- My mentor and office-mate, my manager, my Mum, my colleagues, my friend.
- Passing piano exams. Grateful to my teacher and family for support.
- Grateful to be able to reconnect to my Indigenous Culture.
- Grateful for my path to becoming a therapist through Naropa University.
- Grateful for the singing recitals of my teens in which I performed well, and I felt well prepared by my teachers, and well supported by my family and my community
- Grateful that I saved a life. 30 years ago, while watching my daughters in the swimming pool, I noticed a 3 year old, and a rubber raft that was slowly getting closer to him. His father wasn't being attentive and was socializing. Suddenly, the boy went under the raft, and no one noticed. I walked into the wading pool (I was fully dressed) and fished him out. I am very grateful for that.
- I am grateful for chai lattes, sunshine, rain, warm blankets, this community, and Alane :)
- Grateful for the medical corset fitting I'll be having later today. grateful for space heaters and heating pads in cold weather!
- I am grateful for my family and the love I receive from them
- Talking to my family, flowers, yummy scents like from my lavender plant.
- Grateful to live in a warm climate that is having an unseasonable round of freezing cold weather...practicing gratitude for cold weather.
- Grateful for self-acceptance
- Grateful for 3 new buds on my orchid!
- Grateful for my little, old dog (my heartbeat at my feet :)) I'm grateful for getting a new fridge today.
- For my anti-racism work and education throughout my life... and for the brave and generous souls who have taught me both formally and informally.
- I'm grateful that my body responds and heals by herbs, homeopathy, beauty, nature and art, and silence.
- I'm grateful for the people who showed up in my life when I needed them most. And those who keep showing up over time.
- November. The dance of gray days and blue days, leaning into the darkness, slowing down, eating soup, pulling out the warm vests, and my birthday.
- For people like you who care enough to create such an expression- Thank you,  AF
- Grateful tonight for the winter smell outside, made me wish to live and thrive
- I found out at mental health workshop at my church, about HSP
- I found 3 great friends that are HSP's
- Finding a Spiritual Counselor to help Guide me on my spiritual path, and she's HSP!!
- My therapist who helped me see and accept my sensitivity.
- My mom and dad who love my exercise instructions on zoom.
- A friend who suggested that rather than a gratitude list, we create a list of the top ten things we were grateful for this year as a Thanksgiving Day practice. It took a lot more thought and surrounded me with gratitude for a longer period of time.

- I'm grateful everyday for my children. They are my biggest project in life and raising them has brought me the greatest learning about myself, life and people.
- The sunshine and all the beauty that mother nature provides
- The work I've done to honor my son's sensitivity, so he can grow up honoring himself and others.
- I'm grateful for beautiful, clean AirBNB cottages when I go on retreat. I'm especially grateful for my friends who tell me which ones are HSP friendly.
- All the good energy, attention and good conversations that I have with some people and how that makes my day every time, no matter how I feel.
- HSP and spiritual community, friends who see and love me for being truly me!
- The time and the space to explore my inner and outer being.
- My counselors whose own sensitivities empower mine to shine.
- My new HSP buddy with genuine care of building our friendship and the ways their bold passion toward new endeavors empowers me to take risks.
- My little almost-three year old who is full of endless energy, curiosity, and adventure yet is still an HSP through and through. I love being at your side and watching you unfold, little buddy.
- Being able to provide for our family so my wife can take a break from her toxic work place and find her passion.
- Alane: A big thank you to Hwa Mi (my virtual assistant and brain), Chandler (my boss more or less), Katie (editor/writer), and Elaine (mentor, cheerleader). I adore and appreciate you all.
- With gratitude meeting and sharing with you.
- "Awakening" is overwhelming, but learning there's the groups and support to understand and build my toolbox is enlightening. Much gratitude!
- Coffee, walking on the beach, daughters and grandsons
- The sun and the sky and the darkness.
- The time and the space to explore my inner and outer being.
- Being able to join the Dec 13 Discovering Joy retreat as my first event. Woohoo!
@Alane, Thank you for allowing me to understand it is okay to take this day and more for self care.
- Thank you for the gifts of sensitivity. Enjoying meditation early each morning.
- Thank you for the struggles that make me more accepting & loving towards myself & others.
- Thank you for my 89 year old mom who is a survivor & is aging gracefully, showing me how to let go & trust life.
- For my safety, health, community, and peace I get to enjoy. May others find rest in the same and may peace touch all beings' hearts.
- For my friends who reach out to see how I am doing when I am depressed, struggling, etc., and I do not have the capability to be the one reaching out to ask for support or help.
- I am grateful that my mom & my brother are still alive despite each having challenging health problems.

- For the community of highly sensitive people who come together and show me I do have a tribe. I'm especially grateful for the Are You Highly Sensitive Community and Alane's tireless work to support us. Thank you.
- I am grateful to read this list and ponder many things for which I am grateful that I would not have considered. So grateful for the HSP community.
- We continue to change and evolve, no matter how old we get.
- For living long enough to start appreciating the superpowers of an HSP
- Autumn, my favorite season. A bit of summer, a bit of winter, mostly fall, all in all, balance.
- I am capable of seeing insights in my coaching clients and assisting them to become the well-adjusted sensitive people they want to be.
- So many colors in the trees, the sky, the ocean, the people around me, the entire world.