

Have you ever vibe checked your broski and you just *knew* they're having a bad day? Maybe you've walked into an awkward conversation and immediately felt the bad juju.



Sometimes it feels like you've developed a sixth sense, like Spiderman sensing danger or Godzilla showing up to a boss fight.

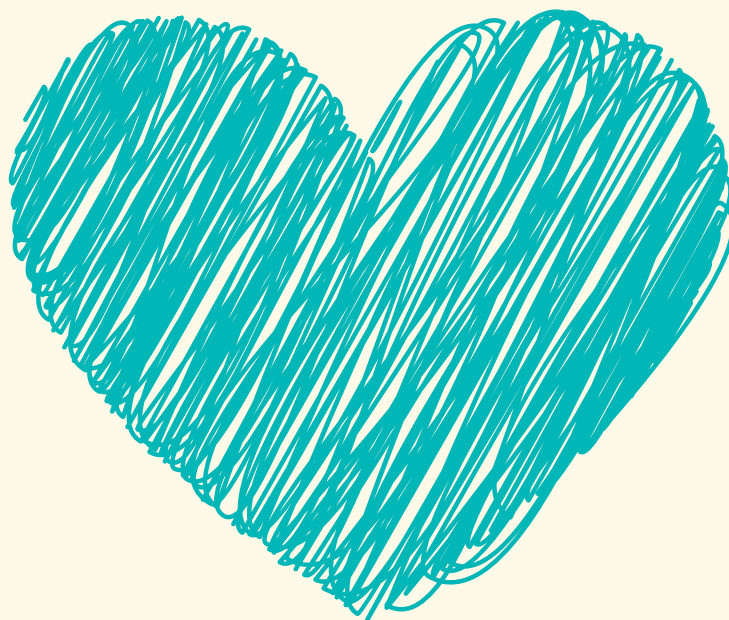


Though you might have innate spidey senses, we have a more science-y way to explain your powers: you're an EMPATH. You're someone who feels emotions of others more strongly than the general public.



It can be tough setting emotional boundaries with others when you don't know where your emotions start and the other person's begins.

Finding a balance is important to keep you safe, happy,
and ready to interact with the world.



From one empath to another, practice separating your emotions
from others by **THINKING** about the situation, deciding how you
FEEL, and **ACTING** on those feelings.