

Sensitive (Interlude)

JUSTHIS

I'm a highly sensitive person. What's the first thing you think about when I tell you that? That I must be shy and introverted? Or perhaps very emotional? Or maybe even that you need to walk on eggshells around me? The common assumption about highly sensitive people is that we are somehow weak and fragile creatures who picked a losing ticket in the genetic lottery of life

In our society, men are not supposed to be sensitive but aggressive and competitive

The next time you feel like telling someone, "You're too sensitive!" I would ask you to stop and pause. Fill that pause with understanding. You will see that the simple act of acceptance will uplift both of you

Who would we be without Leonardo da Vinci or without a Mozart? Without Anais Nin or Balzac? Or Mother Teresa or Gandhi? Our world would certainly be a shade darker

We need to come together as a society to rewrite the negative cultural narrative about sensitivity. and turn it into a positive one