

A Checklist for Sensitive Nervous Systems

(You're not broken. You're responding.)

Please read this first:

This is not a diagnosis.

This is a reflection.

If parts of this resonate, it doesn't mean something is wrong with you.

It means your nervous system has learned how to adapt in a demanding world.

Take your time.

Check what feels true.

There's nothing here you need to fix.

Emotional Experience

- I feel emotions deeply and intensely
- Small stressors can feel overwhelming
- My emotions can shift quickly
- Once I'm activated, it's hard to calm myself
- I feel “too much” for others or myself

Thoughts & Self-Trust

- I overthink decisions, even small ones

- I doubt myself after making choices
- I question my reactions, even when they feel real
- I struggle to trust my intuition
- I feel pressure to get things “right”

Relationships & Boundaries

- I say yes when I want to say no
- I feel responsible for other people’s emotions
- I avoid conflict, even at my own expense
- I feel guilty for needing space or rest
- I feel drained after social interactions

Body & Regulation

- I carry tension in my body without realizing it
- Rest feels difficult or unsafe
- I'm productive when stressed but exhausted afterward
- I feel calmer alone than around others
- My body reacts before my mind understands why

A Gentle Reframe

If you checked several of these, it doesn't mean you're failing at regulation.

It means your nervous system has been working hard to keep you safe.

Regulation isn't about control.

It isn't about forcing calm.

It's about creating enough safety for your system to settle—slowly.

Before You Go

You don't need to rush healing.

You don't need to override yourself.

And you're not alone in this experience.

Stability and self-trust are built gently.