Reclaiming Your "Too Much" Traits a Strengths

An Exploration Worksheet

Take your time with this. There's no rush, and you can return to any section whenever it feels right.



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Grounding & Intention Setting

Before we begin, take a moment to check in with yourself:

How is my body feeling right now?

_____

_____

_____

_____

What do I need to feel safe exploring these memories?
(comfortable space, water, breaks, etc.)

_____

_____

_____

_____

_____

_____

_____

My intention for this worksheet:_____

_____

_____

_____

_____

_____

_____



💛 Remember: You can pause anytime. Your pace is perfect.

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Identifying Your "Too Much" Messages

Think back to times when you received messages about being "too much."

This might feel a little hard - that's completely normal.

The Messages I Received

I was told I was "too..." (check all that apply)

Emotional Traits

- ☐ Emotional/sensitive
- ☐ Intense/passionate

Expression Traits

- ☐ Talkative/loud
- ☐ Curious/asking too many questions

Energy Traits

- ☐ Scattered/all over the place
- ☐ Energetic/hyper
- ☐ Creative/imaginative

Other

- ☐ Other: _____
  _____

Where These Messages Came From

The voices that told me I was "too much" included: (you can be general - "family member," "teacher,"etc.)

_____

_____

The situation where this message felt most painful:

_____

_____

How old was I when I first remember getting this message?

_____

_____

💛 Pause here if you need to. Take a breath. You were just being authentically yourself.

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The Reframing Practice

Now we'll gently explore how these traits might actually be strengths. Take your time with this.

Strength Archaeology

For each trait you identified above, consider what strength might be hiding underneath:

"Too emotional/sensitive" might actually be:

- ☐ Deep empathy and emotional intelligence
- ☐ Ability to feel the full spectrum of human experience
- ☐ Enhanced awareness of others' feelings
- ☐ My reframe: _____

"Too talkative" might actually be:

- ☐ Verbal processing
- ☐ Natural storytelling ability
- ☐ Enthusiasm for connection
- ☐ My reframe: _____

"Too intense/passionate" might actually be:

- ☐ Infectious enthusiasm that energizes others
- ☐ Deep commitment to things I care about
- ☐ Ability to inspire and motivate
- ☐ My reframe: _____

"Too scattered" might actually be:

- ☐ Multidimensional thinking
- ☐ Ability to see connections others miss
- ☐ Creative problem-solving approach
- ☐ My reframe: _____

For other traits, my reframe is:_____

_____

_____

☐ Note: Reframing is learning to understand what you have been told is bad or negative about you in a different way.

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When Your Traits Serve You

Let's explore when these qualities have actually been gifts.

Moments of Recognition

Emotional Sensitivity

A time when my emotional sensitivity helped someone:_____
_____
_____

Enthusiasm & Intensity

A situation where my enthusiasm or intensity made a positive difference:_____
_____
_____

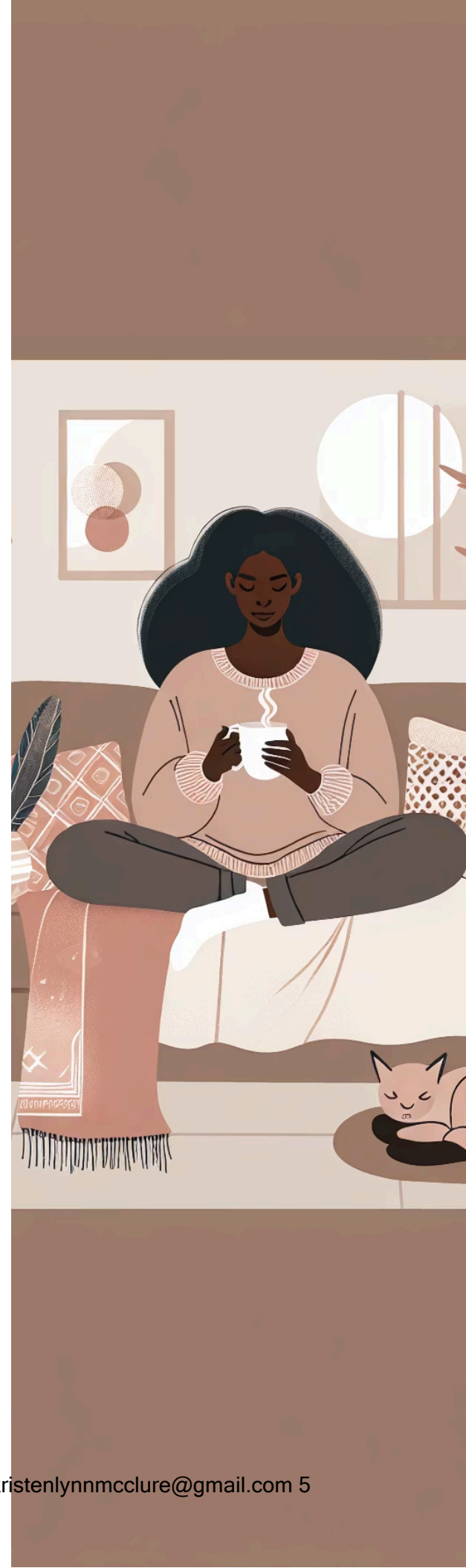
Creative Thinking

A moment when my "scattered" thinking led to a creative solution:_____
_____
_____
_____

Appreciation

People who have genuinely appreciated these traits in me:

Environments where I feel celebrated, not diminished:_____
_____
_____
_____



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Relationship Reflection

This section helps you notice who supports your authentic self versus who asks you to dim it.

The People in My Life



Green Light People

(celebrate and encourage my authentic traits)

Name/Role: _____ _____

How they show support:

_____

_____

Name/Role: _____ _____

How they show support:

_____

_____



Yellow Light People

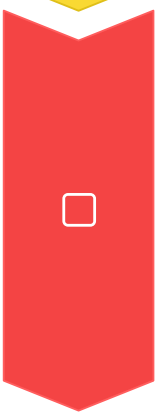
(sometimes supportive, sometimes not)

Name/Role: _____ _____

What I notice:

_____

_____



Red Light People

(consistently make me feel like I need to be smaller)

Name/Role: _____ _____

How this affects me:

_____

_____

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Boundary Reflections



One relationship where I could practice being more authentically myself:

_____

_____

_____

_____

A boundary I might need to protect my authentic expression:

_____

_____

_____

_____

If I trusted that my traits are gifts, how might my relationships change?

_____

_____

_____

_____

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Moving Forward

This Week's Experiment

Choose ONE small way to honor an authentic trait:

□ Share excitement without apologizing

Express enthusiasm about something without apologizing for it

□ Express feelings without minimizing

("I'm really excited" instead of "I'm probably being silly but...")

□ Ask questions I'm genuinely curious about

□ Let myself process verbally with a trusted person

□ Other:



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My Support Plan

↘️ If I feel shame about expressing authentically, I will:

_____
_____
_____
_____

↘️ Someone I can reach out to who celebrates these traits:

_____
_____
_____
_____

↘️ How I'll remind myself that I'm not just _____(ie "too much":)

_____
_____
_____
_____

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Affirming Truths to Remember

Choose one that resonates or create your own:

□ "I'm not too much. I'm _____

□ "My sensitivity is a stregnth in many situations something to be ashamed of."

□ "The right people celebrate my authenticity."

□ "I don't need to shrink to make others comfortable."

□ My personal affirmation

_____

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Closing Reflection

Final Thoughts

After completing this worksheet, what feels different?

_____

_____

One thing I'm proud of myself for exploring:_____

_____

_____

What my inner self wants me to remember:_____

_____

_____

Final Body Check

You've done beautiful, brave work exploring these tender places.

Right now, what does your body need?

- ☐ Rest or movement?
- ☐ Water or nourishment?
- ☐ Connection or solitude?
- ☐ Comfort or fresh air?

Honor whatever comes up. You've just taken a courageous step toward reclaiming your authentic self.

Remember: This is ongoing work, not a one-time fix. Be gentle with yourself as you practice trusting that your authentic traits are gifts worth celebrating.

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