

# How To Love Yourself No Matter What

Episode 297

How Sensitive Women Can Navigate Emotional Pain Without Losing Themselves

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Hello, my beautiful friend, and welcome to the podcast.

Today we are talking about how sensitive women can navigate emotional pain without losing themselves.

One of the things I think is so important to understand when you are a sensitive person — when you are a sensitive human — is that we feel things deeply. We feel things deeply, and we are afraid.

But what we're afraid of most often is that if we let ourselves go all the way with a feeling — if we actually let ourselves feel it — we'll fall apart. There's this belief that if I open the door to the emotion, I won't be able to close it. That it will become a flood I won't be able to navigate.

And the first thing I need you to know is that this is something you've *learned*. It's not something you do because you're deficient or broken. You learned how to manage emotions in a way that helped you survive them.

We've been taught to numb emotions and get rid of them — through scrolling, drinking, watching TV, doing drugs. And we've also learned to intellectualize what we feel. When an emotion is painful, we try to logically figure it out.

As a side effect, we overthink our emotions.

For highly sensitive people, people with sensitive nervous systems, neurodivergent women — this isn't fragility. It's emotional overwhelm. It's not having the capacity for what's happening emotionally.

I often picture it like a bucket being filled with water that's constantly overflowing. The bucket isn't broken. It's just full.

This is a capacity issue — not a fragility issue.

You are not fragile.

Emotional pain isn't dangerous. But being *alone* inside emotional pain is.

Most women were never taught how to be with emotion without turning it against themselves. If that's you, that's not a personal failure — that's a gap in what you were taught.

We've been taught that emotions should be fixed, explained away, or gotten rid of. We're taught that emotions mean something about us. Shame, guilt, jealousy — especially jealousy — get loaded with meaning.

We're also taught to manage other people's comfort instead of our own emotional safety.

And emotional pain becomes overwhelming when it's mixed with:

- Self-judgment
- Urgency ("I should be over this by now")
- Meaning-making ("Something is wrong with me")

The problem isn't the emotion.

The problem is how we've been taught to relate to emotion.

Sensitive women often develop patterns to cope:

- Overthinking emotions
- Trying to process pain immediately
- Seeking reassurance or validation
- Numbing through productivity, caretaking, scrolling, food, or distraction
- Turning pain into a self-improvement project

These aren't character flaws. They're protective strategies. They worked once — but now they cost you energy, presence, and self-trust.

What we want to shift is this:

From *managing* emotional pain

To *relating* to emotional pain

"How do I make this go away?" comes from tolerance.

"How do I stay with myself while this is here?" comes from capacity.

Emotions don't need to be solved to move. They move when they're met with safety, neutrality, and permission.

We can pause urgency.

We don't need to decide anything right now.

Nothing has gone wrong.

We can separate sensation from story:

What does this feel like in my body — *without* explaining it?

Staying with emotion is quiet. It's boring. It's nondramatic.

Capacity grows through presence — not force.

I think of it like water skiing. There's a moment where if you can hold on one second longer, everything changes. That's how emotional capacity works too.

One second longer of staying with yourself changes everything.

When you build emotional capacity:

- You fear bad days less
- Emotional whiplash decreases
- You trust yourself more
- Decisions come from steadiness, not urgency
- Sensitivity becomes a strength

So if emotional pain has felt like something you need to manage or outrun, here's the question I'll leave you with:

**What happens when I stay with myself instead of trying to make this stop?**

Just notice the urge to fix, explain, disappear, or push through.

That noticing *is* the work.

Alright, my friends.

That's what I've got for you today.

I hope you have the most incredible week.

Bye for now.

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**Links:**

<https://amandahess.ca/>

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