

# How To Love Yourself No Matter What

## Episode 304

### 50 Years in This Nervous System: 10 More Lessons for Sensitive Women (Boundaries, Resentment & Choosing Yourself)

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Hello, my beautiful friend. We are back, and today we are gonna go back to the 50 things that I think sensitive women need to know and understand to be able to thrive in 2026 with a sensitive nervous system. The previous episode that I did to this one, we took a little break, but I wanna come back here because I think it's important and we're gonna get to the next 10.

We did the first 10 in the previous episode, so we did the first 10 in episode number 302, titled 50 years in this nervous system, 10 Lessons for Sensitive Women. We're gonna move on to the next 10 lessons, and this is going to cover responsibility, boundaries and not fucking yourself over. And what I want you to know is that what we're gonna talk about today is emotional adulthood, and it's really important place to spend time.

We ultimately. Are living our lives a lot of the time as adults, but we're letting the child version of us, the teen version of us, the hurt version of us lead, and we don't want her to lead. So we're gonna go through these 10 together and we're gonna talk through them and it's gonna feel maybe a little confrontational, but what I want you to know is that I'm saying to, I'm saying this to you in.

In solidarity with you. The things that I'm covering in these next 10 lessons are things that I learned the hard way, and I would like for you to not learn it the hard way. I would like for you to learn it the easy way. Number one, is that other people aren't responsible for your feelings. Now, I think that logically we all know this.

But nonetheless, when I am coaching, when I'm speaking to somebody about what is going on with, with respect to their relationships with other people, I find that there is this misunderstanding of how I feel being affected by what you do. And what we haven't done is really taken a look and decided whether or not we agree with feeling this way.

It's not to say that other people can't hurt us because they can. But they can only hurt us if we decide that we wanna be hurt by that. And that is true, and we definitely need to make room for this in our lives. We need to understand this at a deeper level. For many, many years of my life, I truly believed that other people were responsible for how I felt.

But where I gained the most empowerment was understanding that I'm responsible for how I feel. I am responsible for how I feel, and that's always true. And when that is the truth, then I can take care of myself emotionally. And to me, that's power. So other people aren't responsible for making me feel better.

I'm responsible for making me feel better. So sometimes that can be coaching my mindset, and sometimes that can be placing a boundary, right? Number two, resentment means you're crossing your own boundaries. This is really key. When we are involved in relationships with other people, it can be very tempting to believe that we feel resentment because the other person isn't respecting our boundaries.

But that's because we don't understand what boundaries are. But boundaries are walls. Boundaries are things that we put down and other people bounce off them because we hold the wall. If we don't hold the wall and we let the person walk all over the wall, then we start feeling resentment because we want the boundary to be there and we want the person to abide by the boundary and they didn't.

And now we have to deal with the fact that we're doing and saying and participating in things that we don't wanna be doing or saying or participating in. And so we're angry at the other person, but in actuality. If we were to place the boundary, we wouldn't need to feel that. Now you're gonna expose yourself to other emotions like guilt, right?

You're gonna have to learn how to navigate guilt. You're gonna have to learn how to navigate shame. But when you are more willing to grow capacity for an emotion like guilt, you will experience a lot less resentment. Number three, over-explaining is usually fear. Over-explaining is usually fear and that is always true.

It is not a problem to feel fear. Yeah. But it is a problem when we're nervous and we're feeling the fear and we want to say, place a boundary. And instead what we do is talk about why this is important and how the other person needs to know and understand our thought processes and they need to see how this is so difficult for us.

And so we, we talk and talk and talk and talk. Not because the other person needs the context, but because of our fear of rejection and how we're gonna feel if we are rejected, that is why we overexplain. Number three, if advocating. If advocating for yourself makes you a bitch, be a bitch. It's better than being a dish rag.

The truth is. When you advocate for yourself, people are not gonna like it. You are going to be faced with confronting people that do not want you to advocate for you, because it's more convenient if you don't. But if you want an empowered, full, incredible life, it is essential that you advocate. But if you stop yourself from advocating for yourself, for asking for what you need, placing the boundary for going after what you want.

If you don't do that, you then are a victim, and I would rather be a bitch than a victim.

Number four, you can disappoint someone and still be a good person. You can disappoint someone and still be a good person. Our self-concept, the way we think about ourselves, the way that we carry ourselves, the way that we are in the world, that isn't defined by what other people think, it's defined by what we think.

We can't make everybody happy. It's not possible. We definitely can't make everybody happy and make ourselves happy. So you've gotta decide, do I wanna be happy and do I want my happiness to be dependent on whether or not someone else is disappointed in me? And the answer has to be no. Because if I don't do it that way, nobody's happy.

And I'm running around, people pleasing my face off, but I'm resentful and I'm pissed off  
Number five. Being low maintenance is not a personality trait, it's conditioning. We are taught from an early age to not make a lot of noise, to not stand out, to blend in, which is very difficult to do as a sensitive human. It's very difficult to do as a sensitive human, to stand out, to be different, to be a different.

To stand out, to be different. It's, it's taught to us that we need to blend, be the same, be vanilla, but it doesn't actually serve us. When we're low maintenance, what happens? Our needs don't get met. When our needs don't get met, what happens? We start to fail, not thrive. We start being able to not show up.

We burn out. We blow up, we internalize, we blow up internally, it doesn't work. We've been conditioned to believe that being low maintenance is, is somehow something we want to reach for and strive for. It's not true. You don't need that. It's not needed. Number six, being needed is not the same as being valued.

Just because somebody says they need you doesn't mean they value you. People will say they need things from you. They need you to do this. They need you to do that. They need you to act in this way. They don't actually need that because if, if you are gonna take emotional responsibility, right? If you are gonna be the one that takes responsibility for your emotions and taking care of yourself and validating yourself, you've gotta give that back to everybody else.

When somebody values you, they don't have to need you. When they value you, they appreciate you, they respect you. There's a difference in being valued. I wanna be valued. I don't wanna be needed

next, you never needed to be relevant. You needed to be important to yourself. You don't need to be relevant. You don't need to prove a point that you are somehow,

you know,

an important person. You don't need to prove a point that your point of view needs to be looked at. You don't need that. Other people don't have to agree.

You need to be important to yourself. That means you have to change the dynamic, change the conversation that you have with you. When you do that, you won't be out there outwardly

searching for validation because you will inwardly validate number nine. Your first instinct might be to perform, but you don't have to follow it.

We live in a very performative culture. We expect everyone to perform, including ourselves. But what if life isn't a performance? If there's one thing I've learned by 50 is that you can't live your life performing. You are not a trained seal. You are a human, you are complex. You need to live, not perform.

So when you feel that urge to perform, you can allow that urge. And when I say allow, I don't mean give into it. I mean notice it in your body and move through it and do what you want to do anyways rather than what you feel like you should do or like you have to. And number 10, you will never regret choosing yourself.

You will never regret choosing yourself every, every time you choose you. Your life is gonna get incrementally better. Every time you choose to take care of your emotions. You choose to validate yourself. You choose to put boundaries up. You choose to take care of yourself. You choose to find joy in your life.

You, your life will increase in happiness, increase in fulfillment, increase in all ways. When I learned how to seek pleasure, go and find it and prioritize it. When I learned how to go and create connection, when I learned how to go and do shit that matters to me, everything about my life improved and it continues to do so at an exponential rate.

We just need to stop leaking ourselves everywhere and pull it back in and plug all the holes so that we can start really feeling the power of being who we are. So this is emotional adulthood. If you want it, you can have it. Write these steps down. Write these questions, write these steps down. Write, write these lessons down and journal on them.

But if you wanna talk about it, let's talk on a discovery call. You can go to [amanda.hess.ca/book](http://amanda.hess.ca/book) a call and we can talk about how to implement this in your life, my friend. It's what I've got for you. I'm sending you all the love. I'll talk to you next time. Bye.

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