



# WHEN IT IS PERSONAL!

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This module helps address situations where the other person is being mean or hurtful, attacking you, your character etc.

This process will help you move through the hurt faster, without allowing it to take over your life, which can happen quite easily with situations like this.

I call this process D.E.S.P.I.T.E! Moving through hurtful situations DESPITE the attempt to derail, hurt, upset you.

I am not saying it won't hurt, but thought it was a good acronym to help you remember the process.

**D** elete, delete, delete, don't repeat, re-read etc!

The temptation here will be to re-read, revisit etc in order to analyse and/or understand what the hell happened!

I strongly advise against this. Remember the analogy of walking through a field of corn? You DO NOT want to strengthen those neural pathways, or it will be SO much harder to move on from it.

**E** motions - feel them: grieve, rant, rave, cry etc

Remember emotions are e-motions or 'energy in motion'. Allow the feelings to be, and it will be easier for them to move through you and then move on. The more we try to suppress or ignore, the longer they will hang around and haunt you.

**S** upport - trusted friend, family, coach, counsellor

Seek support and understanding. Get someone to sit with you while you talk it through. Remember HSP-Es need process verbally so having someone to support you through the process is helpful.



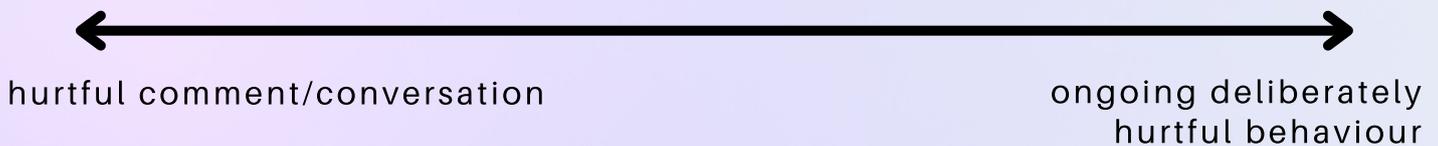
## rocess, process, process

HSPs are DEEP processors, so ask yourself some helpful questions eg is it true? is it valid? what is their motive? what are their issues? what does it say about them? Then decide how much weight you are going to give their words/actions.

Be wary in this step of the difference between processing and ruminating. It might help to get support on this if you think you might be stuck in rumination. Processing involves forward momentum i.e. you can feel yourself moving towards the light at the end of the tunnel. Ruminating has a 'stickiness' associated with it. Feels like you are going round in circles and not getting anywhere. Refer back to the previous step if you get stuck in ruminating.

Identify where the hurt falls on the 2 continuum.

### 1. SITUATIONAL CONTINUUM

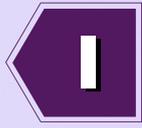


### 2. RELATIONSHIP CONTINUUM



Depending on where on each continuum, the situation and relationship falls, determines how:

- easy or difficult it will be to move through and
- how much action is required on your part e.g. setting boundaries, potentially distancing yourself from the person.



## **I**nterpretation or meaning (practice a **NEW** one)

Similar to the previous modules - come up with an alternative meaning or interpretation you can apply to the situation e.g. for me it was "he doesn't know me and never bothered to get to know me, he doesn't have all the facts, he has his own issues, therefore I will NOT allow him to derail my life".

Then **PRACTICE** that interpretation - use the pathway through the cornfield analogy to **HELP** you cement those **NEW** neural pathways.



## **T**rack (your progress)

This is a good opportunity to record your thoughts in a journal. If you find yourself getting dragged back into the hurt, catch yourself and journal about it, or revisit the above process again.

Journal your new interpretation/meaning, and keep coming back to it, to help cement it.



## **E**mpathy (for self)

Your self esteem, ego, self-worth has taken a battering and will require some nurturing and increased self care. Be kind to yourself and focus on ways to boost yourself back up. Spend time with those who make you feel good about yourself.

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