

THE
EMPATH'S GUIDE

TO DEALING WITH THE

Tough Stuff





Content

01

WELCOME!

Meet Heather Danielle Psychic Medium

02

WHAT IS AN EMPATH?

Let's get clear about what an empath is.

03

DEALING WITH NARCISSISTS

Empaths are magnets for narcissists. Find out more in this section

05

DEALING WITH FRIENDS & FAMILY

Navigating toxic family and friends can be tough. Get help here.

07

DEALING WITH WORLD ISSUES

Find some insight on how to deal with the craziness of the world





Content Continued

09

DEALING WITH BOUNDARY PUSHERS

Boundaries are difficult for empaths, get more info here.

11

TIME TO TAKE ACTION!

Reading this guide is GREAT but implementing the changes is even better.

12

RESOURCES

More help to help you become a thriving empath.



www.therealheatherdanielle.com





Hi! I'm

Heather Danielle

and... I'm so happy that you grabbed this Guide!

Too many empaths suffer through life when they should be thriving. Being an empath is a gift, and in these pages, I'm gonna show you some awesome things that will help you start feeling better so you can become healthier and happier.

If you ever have questions or need help, reach out to me at info@therealheatherdanielle.com

Keep in touch with me on Facebook:
www.facebook.com/riseintoyourpower



What is an Empath?



An Empath is a someone who is very sensitive to the feelings & emotions of others. They can understand what the person is feeling on a deep, emotional level, (sometimes a soul level), but they can also absorb those feelings.

Many empaths say it is both a blessing & a curse.
It's time not to feel this way anymore.

It's an incredible GIFT!

Dealing with

Narcissists



A narcissist is defined as "Personality qualities include thinking very highly of oneself, needing admiration, believing others are inferior, and lacking empathy for others."

(Ref: www.Stclair.org)

Often times, empaths are drawn to narcissists because empaths have a habit of seeing the best in people, and sometimes empaths are attracted to their decisiveness, Narcissists in return are attracted to empaths because they seem them as easy to manipulate, will "Stroke their ego", and make "easy prey".



Dealing with Narcissists



Often times, people have become narcissists because of their own trauma.. They have decided on a deep (and probably subconscious level) that the best way to protect themselves is to disconnect from emotions. Whereas, an empath takes a different approach, and becomes extremely sensitive to emotions. Below are some tips to help you deal with these narcissists.

- Don't spend much time with them alone, be sure to take breaks often as needed.
- See them as a wounded soul that you cannot help because they are on their own journey they must walk alone.
- Don't try to "prove" your case with them. They're master manipulators.
- They feed off of your emotions, so don't react emotionally.
- Ensure you uphold your boundaries (See Boundary pushers section of this guide, if needed).
- Ensure you are not co-dependent with them
- Limit info you give them. They may twist & use your words against you.
- Overdose on your own self love & confidence.
- Shield your energy when around them
- Treat them like you would an energy vampire.

"A narcissists worst night mare is an educated empath"



Dealing with

Family & Friends



Having difficult friendships and family connections can be heartbreaking for an empath. Most empaths though, are born to families that are toxic. It's like Spirit planted a drop of love (the empath) into these crazy family groups to shine light and love unto them. However, living or being around family and friend drama can really have a negative impact on the empath. Check out the next page for some things that can help.



Dealing with Family & Friends



Empaths often think others think the same ways as they do. They're not aware they are hypersensitive & hyperaware. They also may feel a deep responsibility to help their family and friends, but often times this backfires and creates issues for the empath. Here's some tips to help:

- Don't share vulnerable things with them unless they are 100% supportive. Share your dreams with other like minded supportive people.
- Limit your time with them if needed, but you don't have to tell them. Just be "not available" (See Boundary Pushers for additional help.)
- Don't feel obligated to keep friendships or the connection. Remember, people come and go in your life for reasons.
- Get an astrology chart done on certain family members so you can get insight on to what the stars say about your relationship
- Shield yourself when in-person, or shield the device you are communicating with them on. (Computer, phone, tablet, etc).
- Journal or meditate on why this person(s) is triggering to you. See if they are mirroring any insecurities you have about yourself.
- Don't always jump to help them if this is the problem. Remember each person is on their own soul journey with their own lessons to fill. You don't want to keep enabling anyone so they don't learn what they came here to learn.



Dealing with

World Issues



Most empaths come to Earth feeling like they have a big life purpose. Like they were sent here to do something "big" with their lives. They are the caregivers and lovers of the world.

*"Love and compassion are necessities, not luxuries.
Without them, humanity cannot survive."
-Dali Lama*



Dealing with world issues



Everyone has felt the pain, heartache, and fear of the world. But not quite like an empath does. Hearing about traumatic events can feel soul crushing to the empath because they're more sensitive to the energy than other people are. Here are some things that can possibly help soothe your soul during these tough times, and even help raise the vibration of the world so you can share more love.

- Do something nice for someone else. When you give more, it raises your vibe, and helps you see little things go a long way.
- Fill up your own cup so you can help others. Maybe not on a worldly scale, but you can make your home, and work a better place by making sure your cup is filled so you can help fill up others.
- Are you feeling drawn to help? How so? What can you do to take action to help the causes that are bothering you?
- Take breaks from your electronics as often as you need to "regroup".
- Pay more attention to the good things in the world, and you will see more good things on the news, social media, etc.
- See everyone (including children, animals, etc) as soul's who have lived many lifetimes and have their own soul contracts.
- Unfollow accounts on social media that discuss issues that bring you down or those who keep bringing up negative side of things.
- Share as much love as you can. Do this by doing a meditation where you give the love to the world, by donating to a cause you love, or simply by caring about the people you love a bit more. This love will create a ripple effect in the world. Can you imagine what the world would be like if everyone did this?



Dealing with

Boundary Pushers



Empaths have such BIG hearts! They always want to help, but boundaries aren't their strong suit. They often have no boundaries at all because they have such big hearts. Sometimes though, the lack of love, and caring in return isn't there and that can leave them feeling under appreciated, not respected, and even like a doormat.

Strong boundaries are essential to being a healthy empath



Dealing with the boundary pushers



It is up to YOU to uphold your boundaries. You can't blame others for not "Respecting" our boundaries because you were the one who allowed them to push through. But I get it, sometimes it's tough- So, try out some of these tricks that will help you become a badass empath with strong AF boundaries.

- Know some will always push your boundaries. Think beforehand on how you can mitigate any awkward or difficult situations.
- Come up with a default saying to use anytime you want to say no.
- Try talking with a therapist about the deeper reasons you may have on why you aren't honoring your limits.
- Don't explain "Why" you are choosing or not choosing to do something. You don't owe any explanations.
- Read the Book, "Assertiveness for Earth Angels" By Doreen Virtue
- Take 24 hours to reply to someone unless it's something fun and exciting. You don't have to be that person that messages back ASAP.
- Don't say yes to anything in the moment. Set a new rule that you are going to "Think about it". So, this will give you more time to see if you are truly wanting to do it or not.
- Practice on one person that "pushes your buttons" and as you get better expand to other people.

Don't overlook this one. This can be LIFE CHANGING! You can literally feel the good side effects within moments of upholding your boundaries!





It's time to take *Action!*

You got the info that can really help you deal with the tough stuff.

Now it's time to put them to use. Print this out and have it somewhere that you see everyday.

If you want more support, check out the next page.

Heather Danielle



Resources

Here's some more things that can help you navigate the tough path of an empath:



My podcast: The Spiritual AF Life

Tune in to hear readings, stories, & guest speakers that will speak right to your heart & give you the support you're craving.

Spirit Guide MasterClass:

Learn how to connect to them so you'll feel supported, and loved all the time: [Check it out HERE.](#)

Spirit Talk Blog:

My blog I created to help you. Check out this one on [Empath Fatigue](#)

Coffee & Cards:

Become part of our spiritual community by joining us on Sundays at 9am EST for card readings & fun chats. This will help you see that you're not alone. You've found your spirit tribe!

