



When Their Mood Changes

3 questions to come back to yourself

A small RESET for the highly sensitive person who's tired of somebody else's feelings taking over her whole day.

If someone you love gets quiet, irritated, distant, or disappointed and your body immediately goes, **What did I do?**, this is for you.

You probably notice the shift before anyone says a word. Then your brain starts working overtime trying to figure out what it means. You replay the last thing you said. You want to fix it, explain, apologize, make them laugh, or become easier to be around.

But noticing a shift isn't the same as being responsible for it.

Before you respond, send the text, apologize, or abandon your whole day trying to get them back to okay, come back to these three questions.

1. What do I actually know?

Write down the facts without filling in the blanks.

What I know

They got quiet after dinner. Their tone changed. They haven't replied yet.

What I don't know

That they're mad at me. That I did something wrong. That I need to fix this right now.

A feeling can be real without the first story your brain tells being true.

2. What am I feeling that I need to tend to?

Not what are they feeling. What is happening in you?

Maybe your chest feels tight. Maybe you feel scared, guilty, rejected, helpless, or suddenly responsible for the whole room.

"I feel anxious right now. That feeling deserves care. It doesn't automatically mean I caused a problem."

Your job in this moment is to tend to the feeling inside of you before you make a decision about the feeling outside of you.

3. What would it look like to let them own their feeling for one hour?

You don't have to ignore them. You don't have to become cold. You just don't have to rush in and make their inner world your emergency.

A grounded next step might sound like:

"You seem a little quiet. I'm here if you want to talk."

And then you let that be enough for now.

You drink your water. You finish your task. You breathe. You come back to your own body. You let an unanswered question stay unanswered for an hour.

KEEP THIS SENTENCE CLOSE

I can notice it without following it.

You don't have to become less sensitive. You can learn to stay with yourself when someone else is having a feeling.

With you,

xx Kristen

This tool offers education and reflection. It isn't therapy, crisis support, or a replacement for care from a qualified professional. If you feel unsafe or need immediate support, contact local emergency services or an appropriate crisis resource.