



Transformational Wisdom Institute  
[www.twi.education](http://www.twi.education)

This blog is going to cover five areas related to intuition over three weeks.

Other blogs after that will cover different topics. The topic of the first three blogs is intuition throughout our lives because our intuition is the next area for human development. It is critical to acknowledge our intuition in the different parts of our lives to gain more traction in our personal and collective development. Over the next three weeks the intuition themes include

- sensitivity, dysfunctional families, and intuition development
- children and empathy
- depression and intuition
- anxiety and intuition
- mental illness and intuition
- aging and intuition
- developmental disabilities and intuition.

At the end of the three weeks, I will post the video that covers all of these topics. It is helpful to read the information first to have time to digest each area as we go along. This week's blog is about dysfunctional families and the development

of intuition. In next week's blog, I will post about depression and intuition, anxiety and intuition and mental illness and intuition. In the final week on this topic, I will post about aging and intuition and developmental disabilities and intuition. I am very interested to learn your questions, comments, and your experiences.

### **Sensitivity, Dysfunctional Families and Intuition**

Children with parents or primary caretakers who are substance abusers, those who rage (ragers), or have addictions or disorders, have their own unresolved abuse history can develop empathic abilities.

Sensitivity to the functioning of the environment, relationships within families and cultural inadequacies often manifest in the person who does not quite fit into the 'normal' family. This may be because of a mismatch

- of inherent values
- superficiality or lack of sensitivity by the adults
- a highly, moderate or dysfunctional mental health diagnosis of a family member
- a silent family agreement that denies issues or feelings.

Additionally, some if not many children are sensitive, and the parents do not have the skills to identify or manage these differences. These differences can manifest in a lack of compassion towards children because of the expectation for the children to have the same values like mini-me's. While some children are

sensitive children of dysfunctional families can further develop empathic abilities to understand their environment to sustain the child's safety. These situations require the children to anticipate, with a high level of sensitivity, the mental/emotional condition of their parent. The following story exemplifies this scenario. Here is the true story of how dysfunction can lead to heightened sensitivity. Liza was an 18-year-old woman, in residential treatment for depression and an eating disorder. Her depression and eating disorder were in part due to the relationship with her mother, who was often extremely angry and would take out her anger on Liza. As a result of this anger, Liza became attuned to her mother's moods, for her safety. At the end of each workday, Liza's mother drove into their driveway. Liza had deciphered her mother's mood before her mother got out of her car. She knew before her mother's car door opened how to take care of herself, and this was not because the gravel was flying. Liza would go into the shower, so her mother could not speak to her when she felt her mother was in such a state of rage she was not safe.

In childhood, a sensitive child or an empath can absorb the energy of other family members, internalize negativity as their own. A child may find they have psychological/emotional illnesses that are their sensitivity to the dysfunction of their close family member(s). Sensitivity to dysfunctional families can result in the child's internalization of feelings, which allows the family to stay intact. This is

because the child does not know how the family system can change. At the same time the sensitive or empathic individual manifests symptoms that can include mental and physical health issues. These symptoms can and often do manifest in adult life. A sensitive person or an empath often may be put on medication or at least becomes the black sheep. This is because the family cannot recognize the child's differences or their issues. It is important to note. There is also about a 15% increase in the diagnosis of Attention Deficit Hyperactivity Disorder (ADHD) that is three times greater than what most experts agree is appropriate.

Another reason is the child or adult may be chronically depressed or another diagnosis when, in fact, they need to learn methods to manage their boundaries and sensitivity. This last sentence does not imply the person needs to deny their sensitivity. And for their health and development, it may be in their best interest to even move away! Additionally, children will take on the role in the family as the "one who needs help", or the black sheep so the family can continue their dysfunction. Then the family and the individuals can identify the child as bad or needs fixing, not them.

Adults and children who are sensitive or empathic can become overwhelmed by others' emotions beyond the family as well. Recognizing sensitivity can help individuals know when they are in situations that feel

depleting, and notice their reactions afterward. Then they can take steps to sustain emotional, psychological, spiritual and physical boundaries.

These new steps include developing methods for first observing the signals and then recognizing when their sensitivity or reactions to situations kick in. The next step is developing a method for clearing and releasing that sends the message to themselves they do not have to internalize negative situations. Attending to these methods helps the sensitive individual take a moment to step back and release contaminant energy to sustain their wellness. Some people take a bath or shower at the end of the day to clear out the energy. Other methods include noticing reactions in the moment and attending to cleansing breaths. Using the breath to release helps our physical, psychological and emotional self not internalize negative energy from an unbalanced family. End of day practices can also include breathing and clearing methods. Additional methods to create healthy boundaries and recognize how to manage as a sensitive or empathic person are available.

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Here is a link to a recent discussion about ADHD and the over diagnosis.

National Public Ration, Thursday, Sept 15, 2016.

The Story Behind the Rise of ADHD in the United States.

<https://thedianerehmsshow.org/shows/2016-09-15/the-story-behind-the-rise-of-adhd-in-the-united-states>