

EPISODE 006

Looking For More Support In Life? Then Find A Fearless Tribe!

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DIANA HIMES: Welcome, welcome, welcome to today's episode of the **Tough Love for Sensitive Souls** podcast! I'm your host, Diana Himes. I've got another exciting topic planned for us today, so grab a beverage, your notebook, and get comfy!

Hey there Sensitive Soul, I'm so glad you're here! In today's episode we'll dig deeper into how a tribe of fearless people can support you when you need it most.

Let me ask you this...do you believe that life can be hard? Do you know what makes it easier? Having a tribe to support you along the way! You know that group of like-minded people who understand what you're going through. They face similar challenges, have different perspectives, and can help find creative solutions to them.

Because we're social beings, we've got a need to belong and that's where your tribe can be invaluable to you. Do you know that when you're part of a group, community, or tribe it gives you the courage to make your dreams come true?

In fact, the support and safety you find in these collaborative environments helps fight off loneliness and can make you feel heard. Some additional benefits to becoming a member of a tribe is the...

1. positive influence and motivation you get from other members.
2. sharing of ideas, feelings, and emotions that empower you to do your best.
3. opportunity to learn new things from those who have the knowledge you want.
4. feeling of being accepted for who you are.
5. chance to make a difference in someone else's life.

Before I found my tribe, I felt like nobody understood or cared about what I was going through. I didn't know how to get out of the downward spiral I was in. And didn't know where to turn to for help! Feeling



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lost and alone, I fell deeper into depression! I could barely get out of bed and became who I never wanted to be...a woman unhappy in her life!

Right before I completely hit rock bottom, I discovered I'm a highly sensitive person. That "aha" moment started my journey of self-discovery where I learned more about what it means to be a deep feeler. I gained insight into who I am and found a strength I didn't know I had.

The more I learned, the braver I got. And that's because I started engaging with people who know what it means to be so sensitive to things that don't affect almost 80% of the population! I didn't feel so alone and lost anymore. I was among people who understood the challenges I had, and some were even willing to share a perspective I never thought about.

One of my favorite Facebook groups is Highly Sensitive Refuge. It's a great community with lots of encouragement and perspective about the challenges that highly sensitive people face every day. So, if you're a highly sensitive soul and you're not part of this group, check it out.

Not only do I benefit from the positive content in the group, I can also post my own questions and get answers I wouldn't have considered.

Whatever your interests are, I'm sure there's a group (in person or online) that'll support you. The more you engage with the group, the greater your chances are of discovering what you're looking for. Most groups are meant to inspire, motivate, or brainstorm ideas. This makes them a great resource for you no matter what you're looking for.

One of the most important things to remember is you want to find a tribe where you feel safe and included regardless of how formal or informal the group is. If you aren't sure if it's right for you, just be an observer for a while. There's nothing wrong with that! At some point you'll know if it's the right tribe for you or not.

So, let's talk about where you can find members of your tribe....

1. Many of my favorite memories come from the time I've spent with neighbors. After all, it's the perfect opportunity for you to find your closest friends living right next door or across the street. It's even easier if you've got a couple of kids and they have friends who live in the neighborhood.
2. Most members of my current in-person tribe are the ones I've met at Church. And the funny thing is, Church was never a priority for me. That is until I learned how important it is to have support from others who think and believe like I do. I intentionally started going to Church to meet new people who could inspire and support me so I'd feel less alone.



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3. Got a hobby? Then this is your opportunity to find a tribe that loves doing what you do! Your shared interest is the perfect icebreaker for meeting new people. Members in these types of communities are great for tips and tricks on how to do things.
4. One of the easiest ways to meet new people is by volunteering your time. Non-profits are always looking for individuals who're willing to share their expertise. Schools love it when volunteers do things like read to a class, chaperone events, chair a committee, or just about anything else you'd be willing to do. One of my favorite jobs came from volunteering on a committee at my son's middle school. I promise you there's a volunteer opportunity waiting for you regardless of what it is you want to do.
5. Professional and personal development groups are great when you're ready to grow in your career or as a person. These are the people who can inspire and motivate you to learn new ways of doing things differently. I've joined several groups like this and learned things like how to...
 - a. make myself a priority in my life.
 - b. balance my emotions.
 - c. find peace and calm among the chaos.
 - d. reduce stress and anxiety.
 - e. let go of things I can't control.
 - f. become my own boss.

Meeting in person is recommended, but that's not always easy to do! Meetup is a great way to find groups who get together on a regular basis in your area. If you're on Facebook, use keywords to search for a group and observe a couple of them for a week or two. You don't need to actively participate to receive the benefits!

FAQ of the Week

Well, that brings us to the frequently asked question of the week...What can I do to feel more comfortable socializing with and meeting new people?

This is a great question and for me personally, meeting new people was one of the scariest things for me to do. It wasn't until I was at my lowest point in my life that I realized how many friends didn't have my back like I had theirs. And that's when I realized how alone I really was.

I believe the number one benefit for being part of a group is realizing you're not alone. And I encourage you to take small steps for getting out of your comfort zone. The key to finding the right group for you is to feel safe and supported even if all you're doing is observing. So here's what I suggest...



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1. Start with an online group. I've discovered some of my favorite groups on Facebook. I know it's not for everyone and that's why Meetup or other group/community apps can help. The nice thing about these is you can just be an observer and still gain benefits from the discussions. Start with groups that focus on something you're passionate about.
2. If you're on social media, find role models or mentors who have what you want and follow them. Fill your feed up with inspirational and motivational content to help eliminate the BS that doesn't provide any real benefit.
3. When you're ready for a face-2-face group, find one that's calming and peaceful. Yoga or some other gentle form of exercise is a great first step toward meeting someone in person. Bring a friend if you think it'll make it easier for you to meet new people.
4. Keep track of what you like (or don't like) about each group. And pay close attention to what you feel in your body when you're with the group. Your intuition is a great resource for finding the right people for you.
5. Don't take what someone says or does in the group personally. Most of the time when this happens, they're dealing with their own stuff that has nothing to do with you. Just let it go and move on.
6. Don't give up, I know how hard it is to meet new people! Even when it doesn't work out like you want, that doesn't mean you didn't learn something new about yourself. Just be you and know that the members of your tribe are waiting for you to find them.

Ok Sensitive Soul, now it's time for you to decide what you're going to do differently this week. Take 10 minutes right now and find a group who shares your interest in something you love. After you've observed the group for a while, ask yourself these questions and then journal your answers...

1. What benefits do I get from becoming a member of this group?
2. What creative ideas have I discovered from this group?
3. How has this group impacted my life?

Before you know it, you'll find those fearless tribe members who'll give you the support you're looking for! And until then, sensitive soul, don't give up the search!

Thank you so much for spending this time with me. I hope you got a few new ideas for doing things differently. Remember, you're the only one in charge of your life regardless of what anyone else says or does.

Join me next week for another episode of Tough Love for Sensitive Souls. Until then, don't forget that you've got everything you need to get anything you want!



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