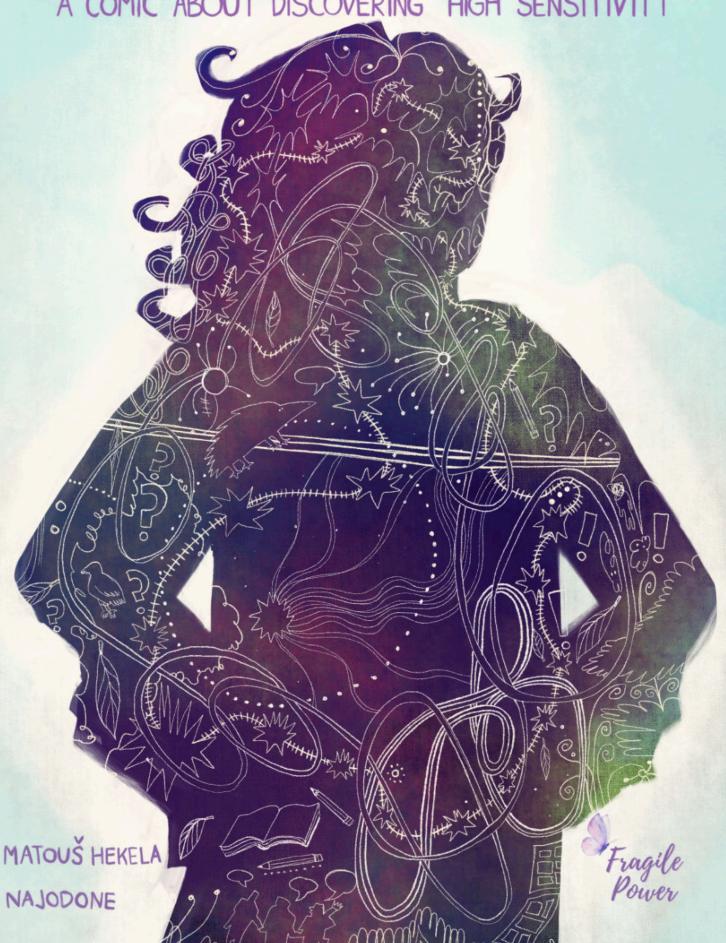
FRAGILE POWER

A COMIC ABOUT DISCOVERING HIGH SENSITIVITY



But in the end, stories are about one person saying to another: This is the way it feels to me. Can you understand what I'm saying? Does it also feel this way to you?

Kazuo Ishiguro in his Nobel Prize Acceptance Speech (2017)





Project partners: EDUcentrum – Czech Republic

Observatoire de la sensibilité - France

Institut pro vysokou citlivost - Czech Republic

Script: Matouš Hekela

Ilustration: NAJODONE

Project team: MgA. Ondrej Bederka, Ing. Ivana Bibzová, Mgr. et Bc. Ondřej Fafejta,

Ing. Jitka Háková, Mgr. Magdaléna Hanáčková, Dr. Saverio

Tomasella

Project name: FRAGILE POWER: How to support highly sensitive children and teenagers

Project number: 2023-2-CZ01-KA210-SCH-000184250

This project is funded by the Erasmus+ Programme of the European Union.

Erasmus+ KA210 - School education - Small-scale partnership

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEAcan be held responsible for them.

This publication is available as an open source document based on Creative Commons Licence CC BY-NC 4.0



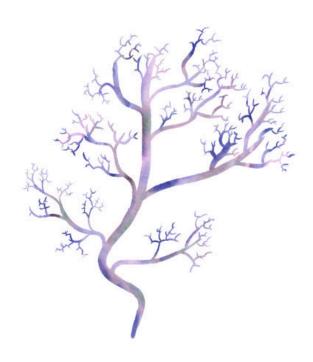






TABLE OF CONTENTS

Introduction	5
Awareness	7
Understanding	12
Reflection	17
Reconciliation	22
Discovery	27
Boundary setting	31
Coping	37
Development	42



INTRODUCTION

Adolescence on its own is no walk in the park... and what happens when you throw high sensitivity into the mix? All that craving and effort to understand yourself and the world goes to a whole new level. When you sometimes feel like you're from another planet, it's not easy to fit in, adapt, see the world like everyone else – and it's even harder to be proud of being different.

In the comic book Fragile Power, we're trying to show that sensitivity isn't some kind of flaw – quite the opposite. Even though it often doesn't seem that way, it can actually be a superpower. If we understand our sensitivity, accept it as part of who we are and learn how to work with it, it can become one of our biggest strengths.

The road to that kind of awareness isn't easy – you could say it's a lifelong commitment. And while high sensitivity has certain common traits, it shows up a bit differently in everyone. Some people are less sensitive, some more. Some need plenty of quiet, calm and order, while others are outgoing and sociable and can't live without a proper dose of adventure, freedom and space. The degree and type of high sensitivity are shaped by a mix of factors – our personality, upbringing, culture and the environment we grow up and live in. That's why the protagonists in our comic book aren't all the same – maybe they share a more finely tuned nervous system but each has their own path and their own needs. Just like you, our readers.

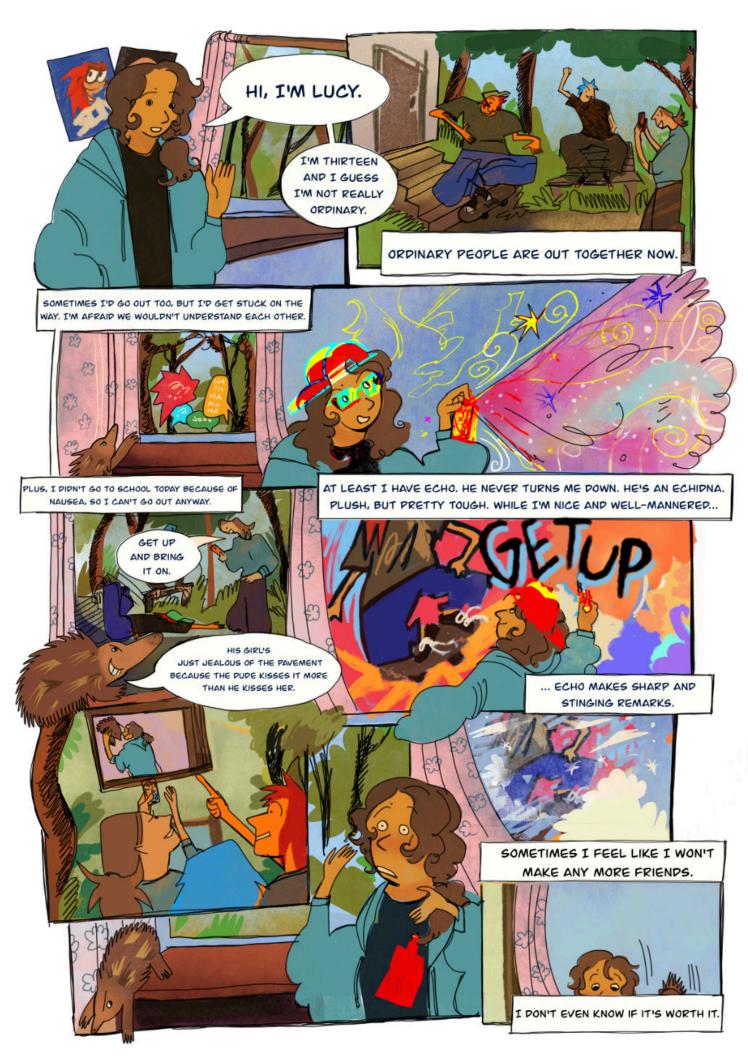
Life with high sensitivity is definitely an intense ride. Overwhelm and fatigue can hit earlier than they do for others but there are also plenty of upsides: empathy, imagination, creativity, an eye for detail, a sense of justice and a deep appreciation for beauty and connections. In that sense, we're truly unique – our lives may be more challenging but they can also be richer than the lives of those who aren't as high on the sensitivity scale.

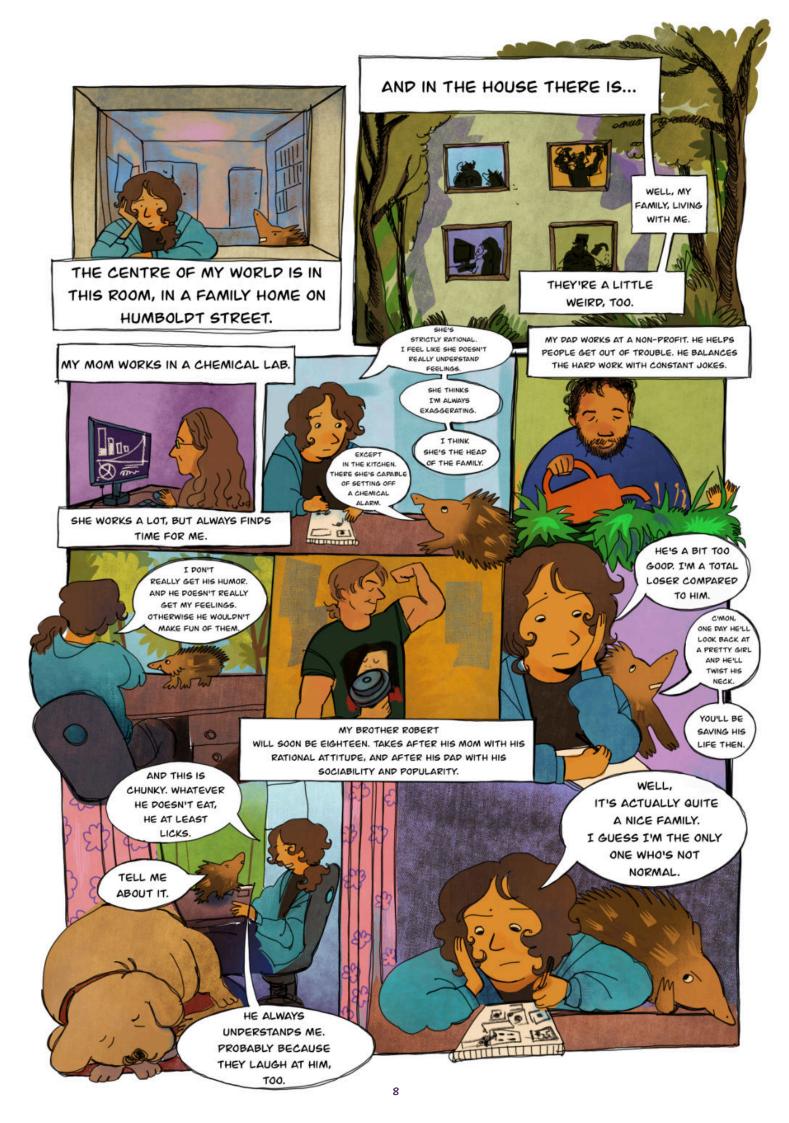
Our goal is to encourage each of you not to feel inferior or "weird" – we want your differences to bring you confidence, not anxiety. And to help you see you're not alone. Once you understand your sensitivity, you'll start noticing how many others also experience the world more intensely, feel more deeply, think more profoundly and long for a harmonious environment – for a world that isn't so fast, loud, harsh or superficial, and where there's less pressure to perform and compare.

Our comic book isn't just for highly sensitive people, though. We believe it's equally important for those who aren't highly sensitive to understand it, too, so together we can work toward accepting high sensitivity as a "minority normal" – a natural variation that deserves respect. Being able to live happily is not only necessary for highly sensitive people, but also for those who live with highly sensitive people.

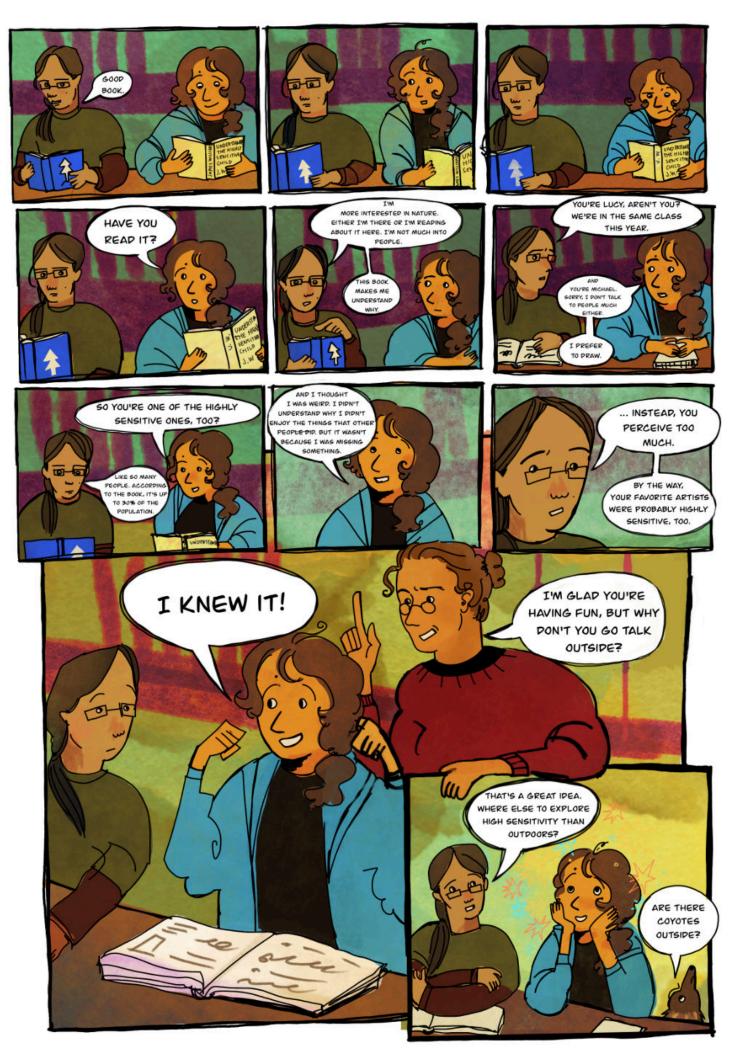
We wish for every one of you to see your sensitivity in a positive light. And even if it's not always easy, to create an environment for yourselves that meets your needs. And to find the strength to be who you are. That doesn't mean you should put pressure on yourself. Quite the opposite – be understanding and kind to yourself. And most of all, don't give up! The world today desperately needs sensitive souls.





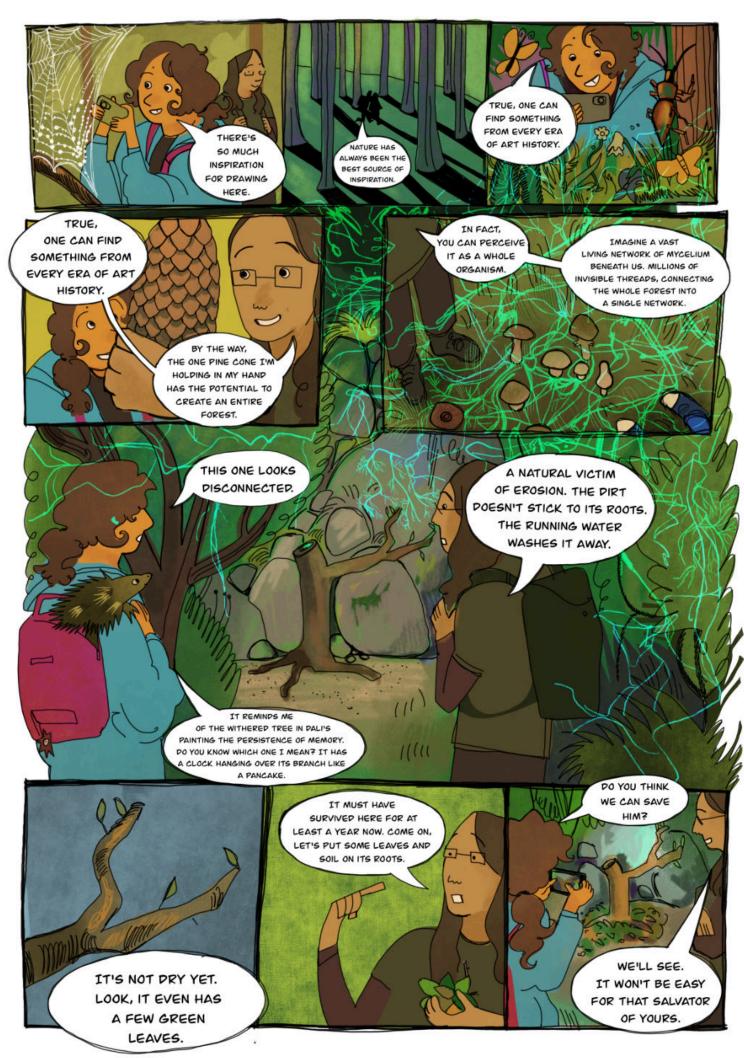


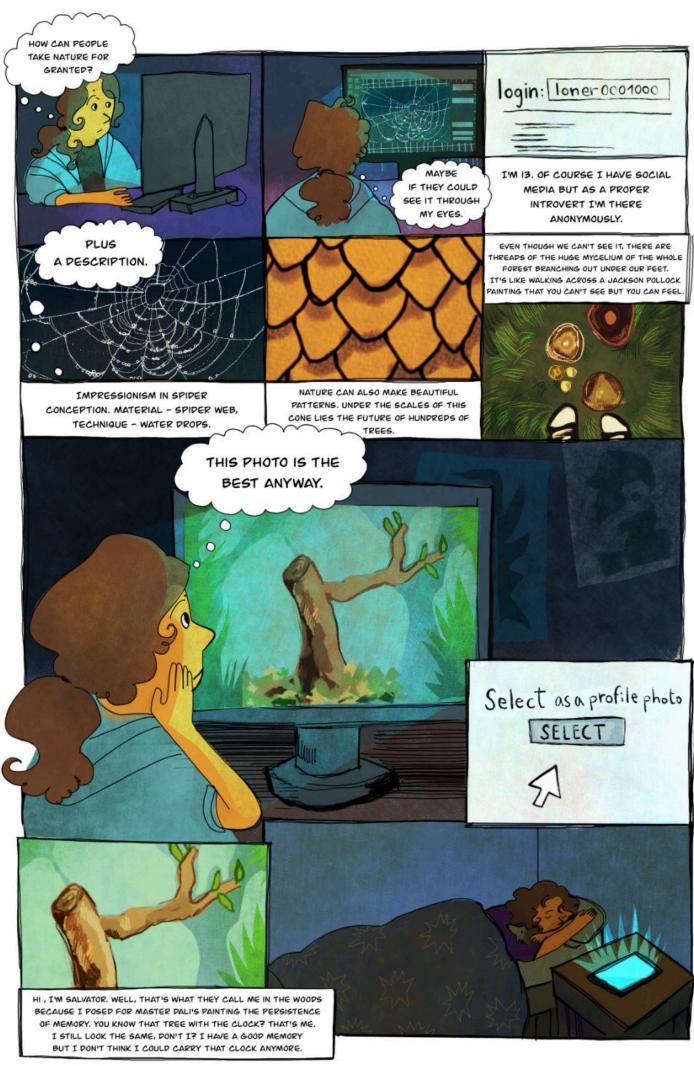










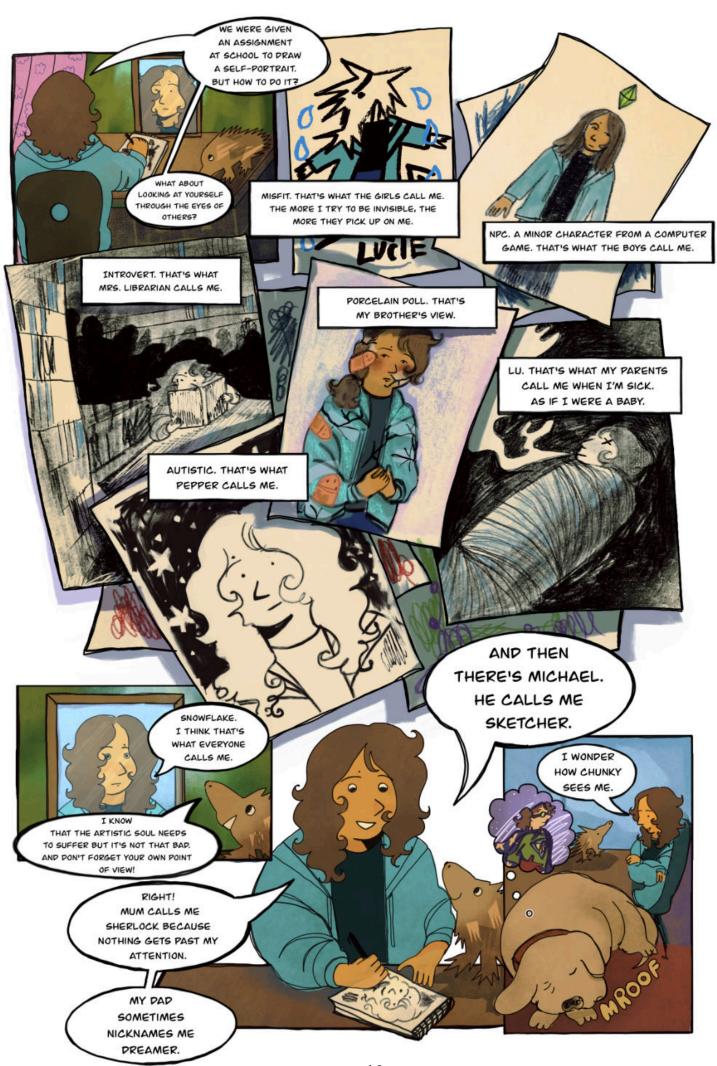






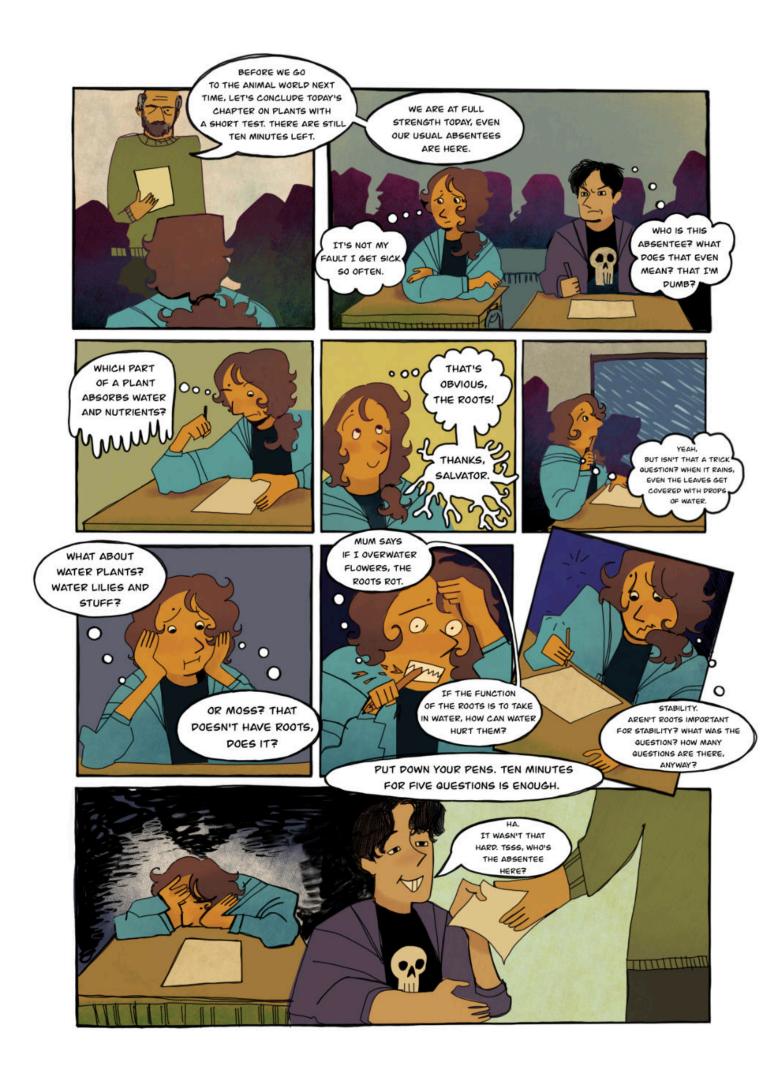








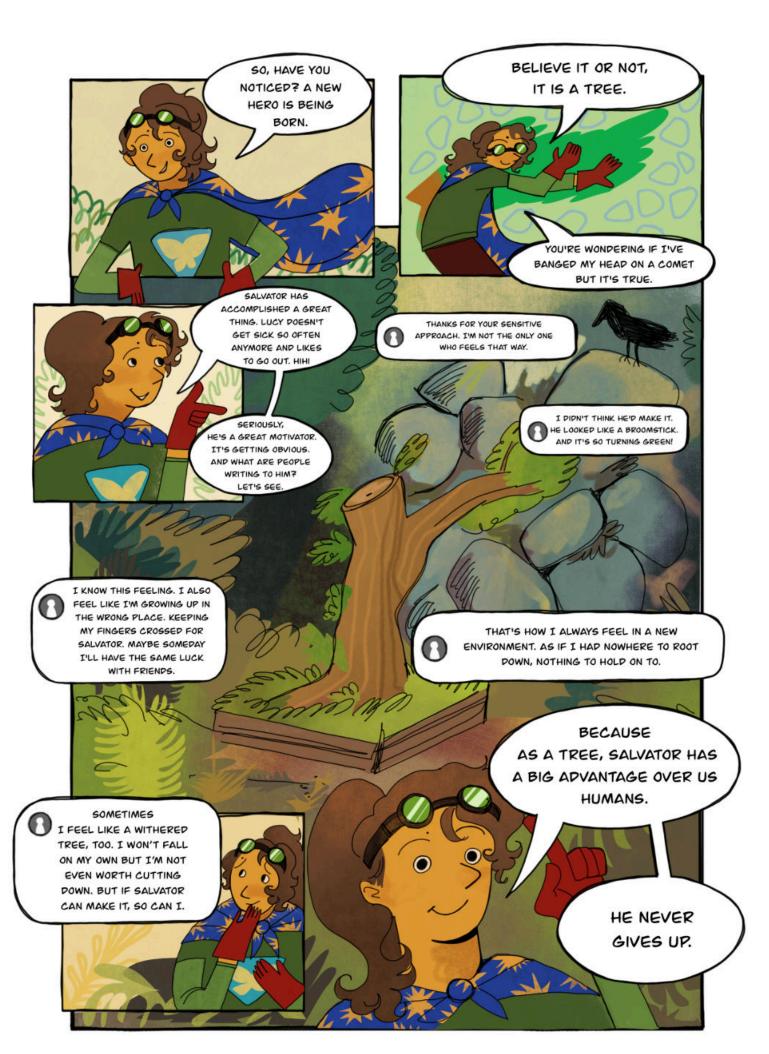














































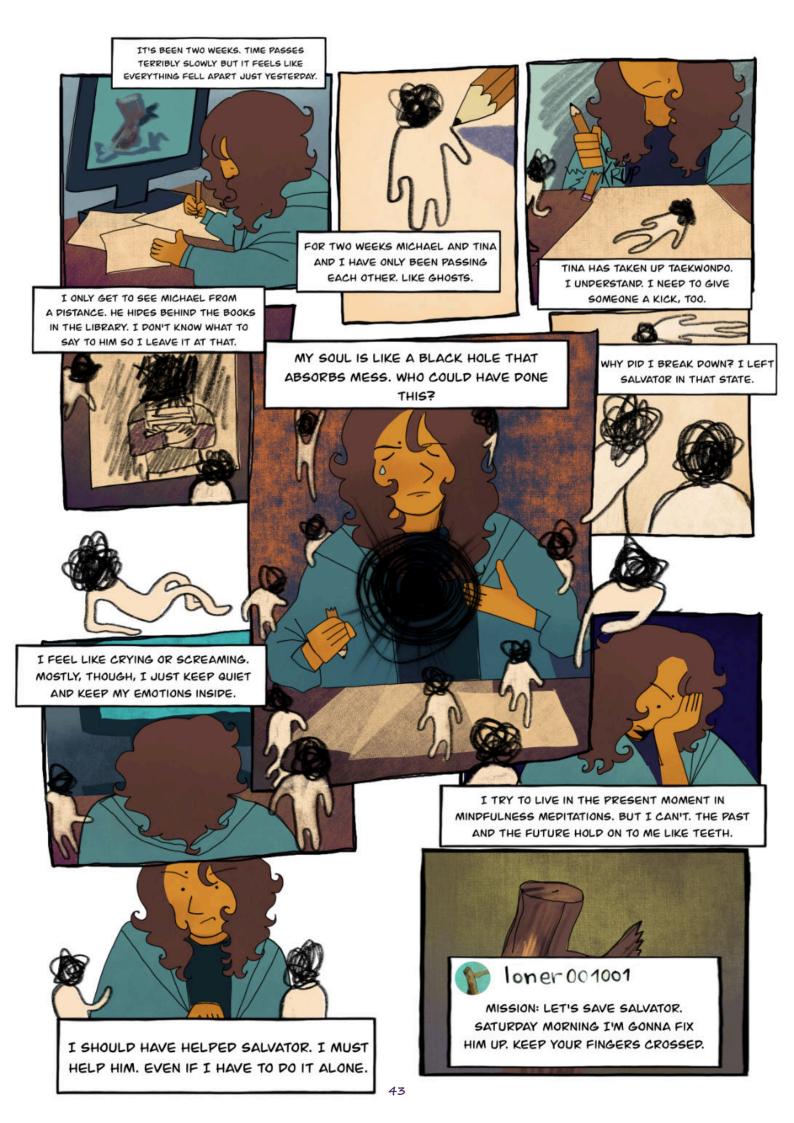














THIS IS FINALLY ME. WELL, NOT IN THE PICTURE. I'VE DRAWN IT AND MY BROTHER PUT IT UP.



IT'S ME BECAUSE I PRAW! I'M NOT AFRAID TO GO DEEP AND THEN SHOW IT TO THE WORLD.



THIS IS MRS. LIBRARIAN. SHE DOESN'T EVEN KNOW I SKETCHED HER.



AND THIS IS THE NEW TINA. I MEAN, HER NEW PROFILE PICTURE I'VE DRAWN. SHE'S REALLY INTO TAEKWONDO. IT'S WHERE SHE GETS HER ENERGY OUT. SHE'S GOT MORE THAN SHE HAD BEFORE, THOUGH.



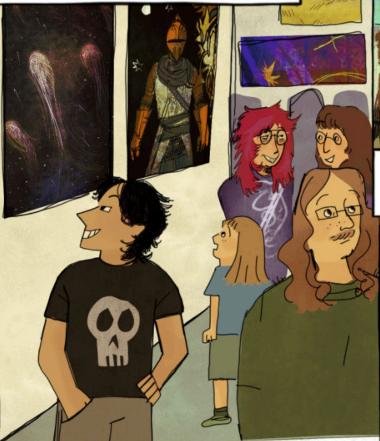
GIVE HER SOME TEETH!

AND FINALLY, THIS IS
ME. I HAVE A REQUEST
FOR ANOTHER
PORTRAIT. I'M TAKING
UP LANDSCAPE
PAINTING. AND I MAY
HAVE AN IDEA FOR
A COMIC BOOK.



SALVATOR IS ON THE MEND. WE COME TO SEE HIM OCCASIONALLY, TO TAKE PICTURES AND SAY HI TO CROWLEY.

I'VE MADE LOTS OF NEW FRIENDS AT SCHOOL AND ONLINE. I HAD NO IDEA HOW SENSITIVITY COULD OPEN DOORS.





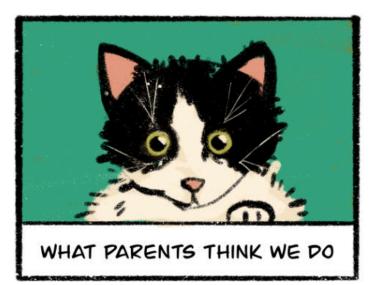
MOM AND DAD TRY NOT TO BE SO HARSH ABOUT EVERYTHING.
AND I MEET THEM HALFWAY.



AND WHEN IT GETS TOO MUCH, I KNOW I CAN HIDE FOR A WHILE. THE OTHERS UNDERSTAND NOW.

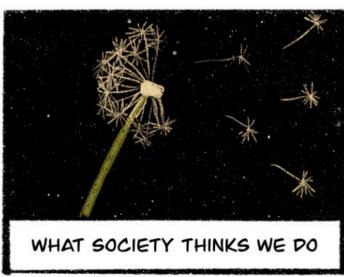


HOW THE OTHERS SEE HSPs















ANOTHER WAY

TO DEAL WITH SENSITIVITY IS TO

NOT TAKE YOURSELF TOO SERIOUSLY.

NOW I KNOW HOW TO DO IT. AND I CAN

SEE I'M NOT ALONE!



















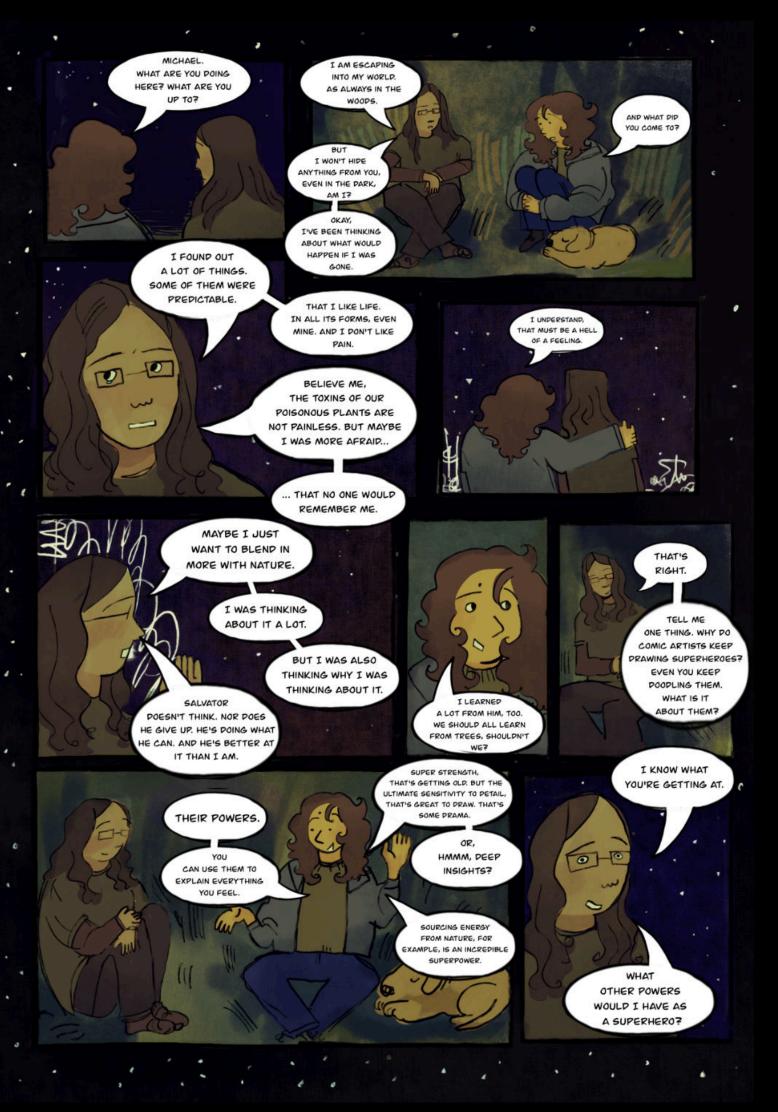




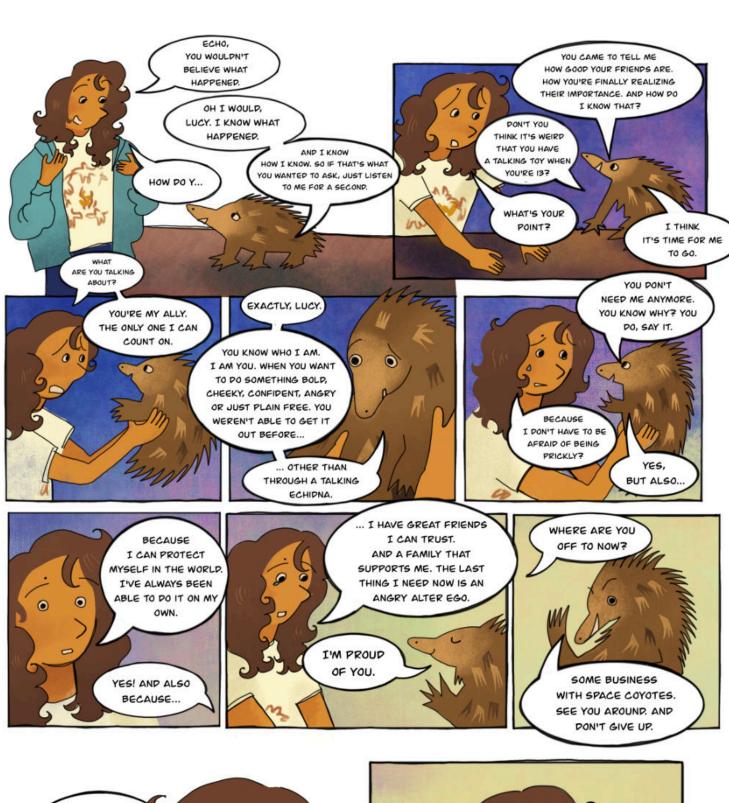




















YOU HAVEN'T HEARD THE BEST PART ... IT'S TIME TO

UNVEIL THIS MASK,

TOO. GET READY ..

BUT YOU KNEW IT ALL ALONG PIDN'T YOU?



ALRIGHT BEFORE I UNMASK, I'LL TELL YOU WHAT EVEN LUCY DOESN'T KNOW YET. HOW IT ALL TURNED OUT.

AFTER THE SCHOOL PRESENTATION, PEPPER FOUND OUT THAT HE ENJOYED PERFORMING IN FRONT OF PEOPLE.

MRS. CLAIRE, THE LIBRARIAN, GRADUATED FROM UNIVERSITY AND TOOK A PART-TIME JOB AS A SCHOOL PSYCHOLOGIST.

TINA GRAPUATED FROM HIGH SCHOOL AND GOT HER BLACK BELT IN TAEKWONDO. SHE MADE IT TO COLLEGE IN JAPAN.



HE SIGNED UP FOR THE DRAMA CLUB AND A FEW YEARS LATER FOR ACTING SCHOOL.



NOW IT'S OFFICIAL.



LAST I HEARD, SHE WAS JUST A STEP AWAY FROM ENLIGHTENMENT.

MICHAEL BECAME THE WOODSMAN. HE'S STUDYING ENVIRONMENTAL SCIENCE AND CARES ABOUT NATURE.

ECHO HAS A PLACE OF HONOUR ON THE CABINET NOW. HE WATCHES MY ROOM QUIETLY. EVERY NOW AND THEN, I TELL HIM WHAT'S NEW BUT HE POESN'T SAY ANYTHING.



BECAUSE HE KNOWS.

SALVATOR KEEPS GROWING TO THIS DAY. HE EVEN BEARS CHERRIES! THEY ARE SMALL AND HARD. JUST LIKE HIM.



I GUESS CROWLEY FINDS THEM TASTY.



THANKS TO HIM, WOODPECKERS ARE STILL DRILLING HERE, FINCHES ARE SINGING AND MYSTERIOUS TREES ARE GROWING.

AND LUCY?

I'M BUSY DRAWING RIGHT NOW. IF YOU'VE MADE IT THIS FAR IN MY STORY, THOUGH, YOU KNOW WHAT I MEAN.

LET'S STAY IN TOUCH!

fragile.power.project

o fragile.power

in linkedin/groups/ 9832077/

fragile-power.eu

