

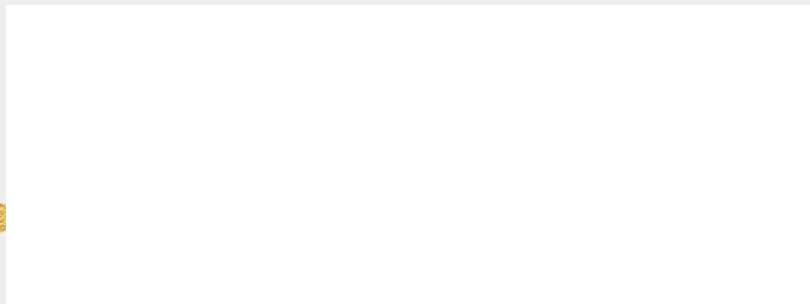
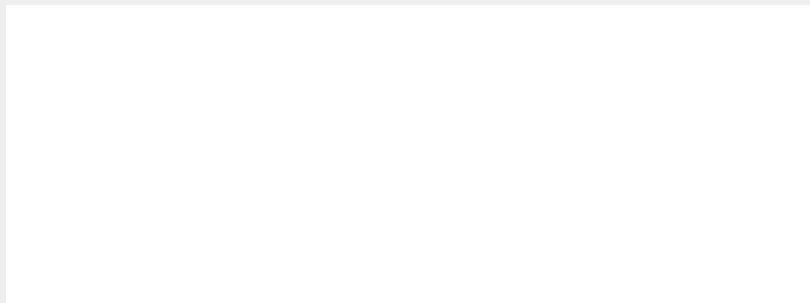
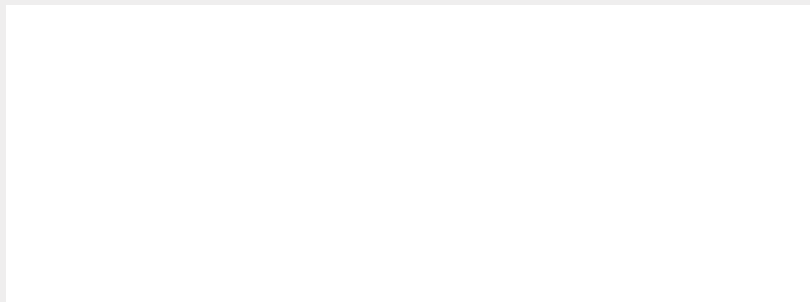
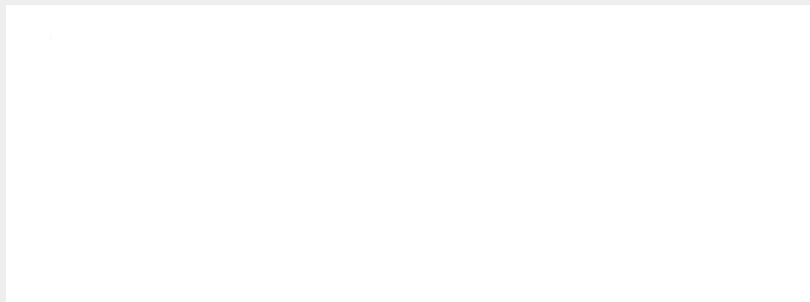
Unhealthy HSP

Ex. I really too heavily on social media or virtual reality for a sense of community, becoming increasingly isolated.

Healthy HSP

Ex. I cultivate a real-life friend network to connect with and turn to.

Unhealthy HSP



Healthy HSP

