



A GENUINEEMPAT.COM COMPANION TRACKER

The HSP Yellow-Light Tracker

Catch the decision point before overload becomes overwhelm

Yellow is the space between doing fine and being done.

This tracker helps you look back at five times when overload eventually showed up. You are not trying to judge what you should have done. You are looking for the earlier signal - the moment things started costing you more.

For each episode, write down what was happening, the first sign you can spot in hindsight, what you did, and what happened next. Your first signal may show up in thoughts, senses, social effort, feelings, empathic scanning, or your body.

Yellow does not mean you have to leave. It means you have reached a decision point. A small response may be enough. You get to check what you need before you decide to continue or stop.

After five episodes, use the final page to find your patterns and write one personal yellow-light rule you can test in real life.

Companion to "The HSP Yellow Light: Catch Overload Before It Becomes Overwhelm"

WORKSHEET 01

Episode 1: Find the Yellow Light

Use hindsight here. Start with the first small change you can spot before the episode reached overload.

What was happening?

Environment / activity / people involved.

What was my first yellow-light signal?

Circle or note the channel that showed up first: cognitive / sensory / social / feelings / empathic / physical.

What did I do?

Did I continue anyway?	Did I reach red?	Recovery time
() Yes () No () Partly	() Yes () No	_____

What happened next?

What changed in your energy, focus, senses, mood, body, or need for recovery?

WORKSHEET 02

Episode 2: Find the Yellow Light

Use hindsight here. Start with the first small change you can spot before the episode reached overload.

What was happening?

Environment / activity / people involved.

What was my first yellow-light signal?

Circle or note the channel that showed up first: cognitive / sensory / social / feelings / empathic / physical.

What did I do?

Did I continue anyway?	Did I reach red?	Recovery time
() Yes () No () Partly	() Yes () No	_____

What happened next?

What changed in your energy, focus, senses, mood, body, or need for recovery?

WORKSHEET 03

Episode 3: Find the Yellow Light

Use hindsight here. Start with the first small change you can spot before the episode reached overload.

What was happening?

Environment / activity / people involved.

What was my first yellow-light signal?

Circle or note the channel that showed up first: cognitive / sensory / social / feelings / empathic / physical.

What did I do?

Did I continue anyway?	Did I reach red?	Recovery time
() Yes () No () Partly	() Yes () No	_____

What happened next?

What changed in your energy, focus, senses, mood, body, or need for recovery?

WORKSHEET 04

Episode 4: Find the Yellow Light

Use hindsight here. Start with the first small change you can spot before the episode reached overload.

What was happening?

Environment / activity / people involved.

What was my first yellow-light signal?

Circle or note the channel that showed up first: cognitive / sensory / social / feelings / empathic / physical.

What did I do?

Did I continue anyway?	Did I reach red?	Recovery time
() Yes () No () Partly	() Yes () No	_____

What happened next?

What changed in your energy, focus, senses, mood, body, or need for recovery?

WORKSHEET 05

Episode 5: Find the Yellow Light

Use hindsight here. Start with the first small change you can spot before the episode reached overload.

What was happening?

Environment / activity / people involved.

What was my first yellow-light signal?

Circle or note the channel that showed up first: cognitive / sensory / social / feelings / empathic / physical.

What did I do?

Did I continue anyway?	Did I reach red?	Recovery time
() Yes () No () Partly	() Yes () No	_____

What happened next?

What changed in your energy, focus, senses, mood, body, or need for recovery?

WORKSHEET 06

Find Your Pattern

Five episodes are enough to start seeing repeats. You are looking for the signals that arrive early - while you still have room to choose what happens next.

My three earliest overload signals are:

The signal I most often ignore is:

My easiest yellow-light response is:

My average recovery after reaching red is:

My average recovery when I act at yellow is:

YOUR YELLOW-LIGHT RULE

The point is not to quit early. It is to notice early enough that you still have choices.

When I notice

I will

before deciding to continue or stop.

Based on the GenuineEmpath.com article "The HSP Yellow Light: Catch Overload Before It Becomes Overwhelm."