

NOT REALLY Worksheet:

If You Haven't Taken on Someone Else's Pain—But Want to Stay Grounded

Even if you haven't taken on someone else's pain lately, staying grounded and emotionally steady takes effort. Use this worksheet to reflect on what's keeping you balanced—and how you can quietly support others who may be struggling.

1. What helps me stay steady after emotionally intense calls or conversations?

2. What boundaries have I put in place to protect my emotional space?

3. Is there someone I've noticed who may be absorbing more than they should?

Name: _____

How I might offer support: _____

4. One reminder I want to carry with me into this week:

Example: "I can care without carrying everything."

Staying steady doesn't mean you're not affected. It means you've found ways to care while protecting your peace—and that matters.