

Reflection Worksheet:

Have you ever taken on someone else's pain so deeply that it started to affect your own emotional well-being?

This worksheet is for anyone who's felt the emotional toll of carrying other people's pain. If you've ever walked away from a call or conversation with someone else's story still living in your body, this is for you.

1. Whose pain have I been carrying recently?

2. How has it been affecting me emotionally, mentally, or physically?

3. What part of their pain am I trying to fix or make better?

4. What is actually mine to carry—and what's not?

5. A sentence I can tell myself when I need to release what isn't mine:

Example: "I showed up with care and compassion, and that is enough."

Reminder: You can care deeply and still protect your peace. You can show up for others without losing yourself in their pain.