

YES Follow-Up Worksheet: After Feeling Caught in the Middle

This worksheet is for after the storm—for when you've been emotionally stuck in the middle of chaos, judgment, and tension. Use this to sort through what's still sitting heavy inside you, what you need to let go of, and how to move forward feeling grounded again.

1. What Was the Hardest Part About This Week?

Try to describe it in one sentence. Focus not just on what happened—but what it meant to you personally.

2. What Did You Absorb That Wasn't Yours to Carry?

- Someone else's anger
- Someone's disappointment or fear
- Guilt over not saying or doing the right thing
- The pressure to stay neutral while hurting inside
- The weight of representing a whole system
- Other: _____

3. What Do You Need That You Haven't Asked For?

This could be something physical (rest, time alone), emotional (to vent, to be understood), or relational (someone to check in, someone to listen).

4. What Does Recovery Look Like for You Right Now?

- Turning off the news or stepping away from social media
- Talking honestly to a peer about how it really felt
- Doing something that reminds me of who I am outside of work
- Reclaiming small rituals that bring calm (music, cooking, nature)
- Giving myself permission to not have all the answers
- Other: _____

5. A Grounding Message I Want to Keep With Me

You've carried a lot this week. What truth, mantra, or reminder can help bring you back to yourself in the days ahead?

Examples:

"I don't have to carry what isn't mine."

"It's okay to feel this. It doesn't make me weak."

"I did my best with what I had—and that matters."

You are not defined by this week. You are allowed to rest, reset, and return to who you are beneath the noise.