

# YES Worksheet: When You're Exhausted from Being Caught in the Middle

## 1. What's Draining You Right Now?

Political tension and social unrest take a toll—especially when you're expected to stay neutral but present.

- Feeling like a target no matter what you do
- Being expected to absorb others' emotions without reacting
- Seeing people at their worst and not being allowed to respond emotionally
- Carrying the burden of society's anger
- Internal conflict about where you stand
- Other: \_\_\_\_\_

## 2. What Does Emotional Exhaustion Look Like for You?

Complete the following sentences with honesty and curiosity, not judgment.

I used to feel \_\_\_\_\_ when I helped people. Now I mostly feel \_\_\_\_\_.

I notice I shut down when \_\_\_\_\_.

The hardest part is \_\_\_\_\_.

## 3. How Has Compassion Changed for You?

- I still care deeply but feel empty
- I'm emotionally disconnected but still functioning
- I feel guilty for not caring as much
- I sometimes fake empathy because I'm too tired
- Other: \_\_\_\_\_

## 4. One Small Way to Come Back to Yourself:

You don't have to fix everything. But you can take one small step to care for yourself after carrying so much.

- Limit rewatching conflict-heavy video clips after shift
- Text a coworker or friend: "You good after tonight?"
- Look at one photo of someone or something you love—no politics, no pressure
- Remind yourself: You're not weak for feeling this way. You're human.

You've been in the middle of things you didn't create—and still, you showed up. That matters.