



Work Through It: Taking the Job Home

Do you feel like the shift follows you home – making it harder to relax, stay patient, or be present? This worksheet helps you see it clearly and do something small about it.

What Feels True Right Now

Check everything that applies:

- Still thinking about work at home
- Hard to switch off
- More irritable or impatient
- Distracted / not present
- Need space but don't take it
- Disconnect from people I care about
- Bring stress home without meaning to
- Feel guilty about how I've been showing up

Where It Shows Up

Time I notice it most: _____

Who it affects most: _____

What it looks like: _____

What It's Affecting

My patience: _____

My ability to relax: _____

My relationships: _____

What to Do With It

What I Usually Do

Check what's true:

- Go to phone or TV
- Stay quiet, say nothing
- Keep replaying work
- Get irritated easily
- Avoid people
- Check out mentally
- Stay busy to avoid it

What Makes It Stick

One thing I carry home: _____

One thought that stays: _____

What Would Help

- Pause before going inside
- Quick reset (breathing/sitting)
- Change clothes or shower
- Set a boundary around work talk
- Movement or exercise
- Less phone time

Simple Transition Plan

Before I go inside: _____

One reset I'll use: _____

One way I'll show up better: _____

i The shift doesn't shut off on its own. A small reset between work and home can change how you show up.