

Lesson Two:

When Everyone Needs You— And You Need Space



Section 1: The Energy Audit

Where is my energy going?

Write down everything that's been pulling at you emotionally, mentally, and physically.

	DONE
My phone	<input type="radio"/>
Texts/calls	<input type="radio"/>
A loved one's health	<input type="radio"/>
Work obligations	<input type="radio"/>
Caretaking	<input type="radio"/>
Family emotions	<input type="radio"/>
Unspoken expectations	<input type="radio"/>
	<input type="radio"/>
	<input type="radio"/>

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When You're Drowning in Caregiver Guilt

A printable reflection to help release the guilt you were never meant to carry.

Section 2: A Boundary I Deserve

What is one small boundary I wish I could set right now?

I wish I could...

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Even if it feels impossible. Write it anyway.

Section 3: My Reset Ritual

Design a 5-minute ritual just for you.

Something that tells your nervous system, I matter too. Some examples include
.Deep breathing with eyes closed, Step outside barefoot, Light a candle and
journal one sentence, Put your phone in another room for 5 minutes, and Take a
slow sip of your favorite latte.

My initial thought ...

Going deeper ...

🌿 Closing Affirmation:

*“My needs matter, too. I don’t have to
break to prove I care.”*



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