

Lesson Three:

When You Miss Who You Were Before



You're Not Alone – Power Page #3

When You're Drowning in Caregiver Guilt

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

Section 1: Then vs. Now

Write a few things that feel different now – not to compare, but to witness your journey.

Who I Was

I used to...

Who I Am

Today I...

Who I Was

I used to...

Who I Am

Today I...

Who I Was

I used to...

Who I Am

Today I...

Who I Was

I used to...

Who I Am

Today I...

Section 2: The Part of Me I Miss Most

What's calling to me from within?

I miss the version of me who...

I want to feel more like her again by...

Section 3: The Call-Back List

Reignite Her with Senses & Memories

Make a bulleted list with small prompts under 5 categories:

A song that used to make me feel alive:

A scent that reminds me of her:

A place where I used to feel free:

Something I wore that made me feel bold:

One habit she had that I want to reclaim:

🌿 Closing Affirmation:

“She is still part of me. I can return to her, piece by piece—without shame.”



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