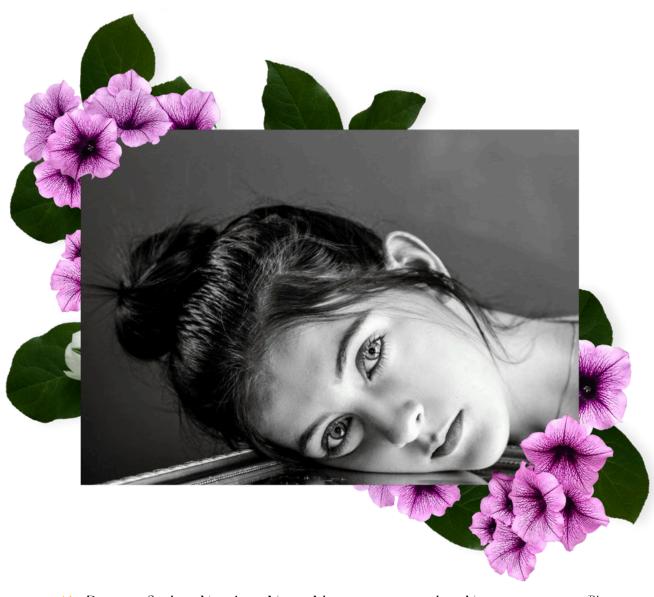


When You Miss Who You Were Before



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 nownot to compare, but to witness your journey.

	Who I Was		Who I Am	
I used	t o	Today I		
	Who I Was		Who I Am	
I used		Today I	WIIO I AIII	
i useu		Touty 1		
	Who I Was		Who I Am	
I used		Today I	Who I Am	
I used		Today I		
I used	to	Today I	Who I Am	

Section 2: The Part of Me 9 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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