

# *Lesson Four:*

## When You Feel Invisible Online



# *You're Not Alone – Power Page #4*

## **When You're Drowning in Caregiver Guilt**

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

### *Section 1: Self-Worth vs. Visibility Check-In*

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

Which truth do I want to choose today?

**Who I Was**

*I know...*

**Who I Am**

*But I fear...*

**Who I Was**

*I know...*

**Who I Am**

*But I fear...*

**Who I Was**

*I know...*

**Who I Am**

*But I fear...*

**Who I Was**

*I know...*

**Who I Am**

*But I fear...*

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### *Section 2: The Whisper I Want to Say Anyway*

If I wasn't worried about reach, I'd say...

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Post it. Keep it. Say it aloud. Just don't silence yourself.

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### *Section 3: Write Yourself a Reminder Letter*

*From the version of me who believed before the algorithm.*

*Dear Me,*

*You mattered long before a metric ever told you so...*

Even if it feels impossible. Write it anyway.

🌿 Closing Affirmation:

*“My voice is not small. It is simply waiting for the right hearts to hear it.”*



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