

Lesson Five:

When Life Keeps Breaking Your Heart



You're Not Alone – Power Page #5

When You're Drowning in Caregiver Guilt

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

Section 1: The Breaks I've Carried

There is no "too small" heartbreak. If it hurt you, it counts.

*3-5 moments that have emotionally broken you recently or
repeatedly*

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Even if it feels impossible. Write it anyway.

Section 2: What I Wish Someone Would Say

If someone really saw me right now, I wish they'd say...

Write the words you've needed but haven't heard.

I know this is hard. But I'm proud of you for...

Section 3: What I Wish Someone Would Say

A Compassionate Reframe

Complete the following thoughts:

This hurts because...

This doesn't define me because...

Even through this, I am still...

One quiet thing I can do to care for myself today is...

🌿 Closing Affirmation:

“Even if no one sees the weight I carry, I honor it. I am surviving what was meant to silence me.”



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