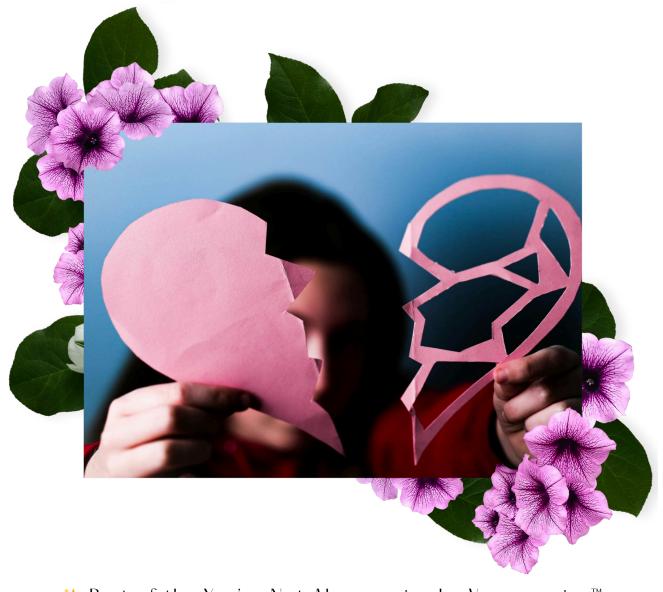


When Life Keeps Breaking Your Heart



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 D'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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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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