

Freedom from People-Pleasing & Over-Responsibility

It can feel very noble to be there to step in to save everyone you care about, and yet be detrimental to your joy, your peace, and ultimately your health. Let's start to undo that pattern here.

1. Who do I feel responsible for fixing, helping, protecting, or emotionally carrying?

2. What do I believe will happen if I stop?
(Will they leave? Be disappointed? Think I'm selfish? Struggle without me?)

3. What am I getting from being "the strong one"? (Control? Validation? Feeling needed? Avoiding rejection? Avoiding my own emotions?)

4. What is this costing me? (Peace, self-respect, honesty, emotional safety, burnout?)

5. What moment or experience taught me I have to prove I've got it all down and that I can carry everyone else, too?

6. Where in my life am I doing more than I should right now?

7. How does playing hero leave me feeling?

- | | |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> Guilty | <input type="checkbox"/> Fearful |
| <input type="checkbox"/> Anxious | <input type="checkbox"/> Unseen |
| <input type="checkbox"/> Drained | <input type="checkbox"/> Responsible |
| <input type="checkbox"/> Resentful | <input type="checkbox"/> Exhausted |
| <input type="checkbox"/> Pressured | <input type="checkbox"/> Overwhelmed |
| <input type="checkbox"/> Other: | _____ |

8. What would it feel like to worry only about what is truly my responsibility?

Remember...

You are allowed to disappoint people who benefited from your lack of boundaries. Helping is not the same as rescuing. Love does not require self-abandonment. You are not responsible for managing everyone's emotions.

9. What did I realize during this worksheet?
