

# **When Caring Turns into Carrying**

A gentle worksheet for emotional boundaries and self reflection

## **1. When do I notice myself taking responsibility for someone else's emotions?**

---

---

---

---

## **2. How does my body feel after I have supported someone for a long time?**

---

---

---

---

## **3. What does healthy caring look like for me instead of emotional carrying?**

---

---

---

---

## **4. One gentle boundary I can practice this week is:**

---

---

---

---