

#37 — THE “STOP CARRYING WHAT ISN’T YOURS” RELEASE SHEET

Five questions to help you put down the emotional weight that never belonged to you.

Your nervous system wasn't built to carry:

other people’s moods, fears, reactions, expectations, disappointments, or unhealed wounds.

But many people do —

until they realize the exhaustion isn’t personal...

it’s borrowed.

This guide helps you identify the load

and give it back.

1. What am I carrying right now that feels heavy, urgent, or draining?

Name it.

Weights lose power when identified.

Your thoughts: _____

2. Is this actually my responsibility... or someone else’s emotion, expectation, or reaction?

If it’s not a responsibility you chose,

it’s a burden you inherited.

Your thoughts: _____

3. Did I take this on to keep the peace, avoid conflict, feel needed, or prevent someone from being upset?

Most emotional weight is picked up for the *wrong* reasons —

and held far too long.

Your thoughts: _____

4. How would my life feel if I put this down — even for one day?

Relief shows you the truth.

The body knows freedom before the mind accepts it.

Your thoughts: _____

5. What is one action I can take to return this responsibility to its rightful owner?

You don't need permission—
you need boundaries.

And having them keeps their weight off of you..

Your thoughts: _____

FINAL REMINDER:

You don't have to carry what isn't yours.

You don't have to fix what you didn't break.

You don't have to hold what someone else dropped.

Put it down —

your peace depends on it.