

RELEASING GUILT & PROTECTING YOUR PEACE *Journal Guide*

Inspired by Episode 8 of The Limitless Tribe Podcast, this guide helps you reflect, release, and return to calm.

You don't owe anyone an explanation for being yourself. Your integrity and inner peace are worth protecting.

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01.

How to stop carrying what isn't yours

- Notice where you're taking responsibility for someone else's emotions or outcomes.
- Ask yourself if that weight was ever yours to hold.
- What would letting go of it make space for?

[illegible]

02.

Whose feelings am I protecting at the cost of my own peace, and why do I feel responsible for them?

- Think of specific relationships where you shrink to keep harmony.
- Explore when you first learned it was your job to manage others' moods.
- How does this pattern show up in daily decisions?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

03.

What part of me believes I need to fix, save, or hold space for everyone else before myself?

Where did that belief come from?

- Reflect on early messages about “being the strong one” or “the caretaker.”
- What rewards did you get for putting others first?
- How has that shaped the way you love and show up now?

[illegible]

04.

What emotions am I carrying right now that don't belong to me? How can I set them down?

- Identify emotions that entered after someone else's story or stress.
- Try labeling them: Is this mine or theirs?
- Imagine a simple ritual or sentence to release what's not yours.

[illegible]

05.

If I detached from other people's reactions and only focused on my intention, what would feel lighter in my life?

- Recall a time you did the right thing but still felt guilty.
- What was your true intention in that moment?
- How would trusting that intention change your energy?

06.

How can I show compassion without becoming the container for someone else's unprocessed pain?

- Define what healthy compassion looks like for you.
- Where's the line between empathy and over-identifying?
- What boundaries keep your energy protected yet kind?

[illegible]

07.

What's one situation where I can practice

saying: *"I love you, but that's not mine to hold."*

- Think of a current or recurring scenario where you absorb others' emotions.
- Write how this phrase could sound in your own authentic tone.
- Visualize the relief that comes with speaking it calmly.

[illegible]

08.

How can I support others without abandoning myself in the process?

- List ways you can help while still meeting your own needs.
- What self-care practices refill your energy after giving support?
- How can you remind yourself that saying no can also be an act of love?

[illegible]



♥ Remember!:

Peace doesn't need defending; it needs protecting.

Keep choosing calm over chaos, truth over guilt, and self-trust over approval.

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