

CAPABLE DOESN'T MEAN RESPONSIBLE



The Fern must learn to sense the atmosphere
without carrying it.

Capable Doesn't Mean Responsible

There is another trap Ferns can fall into.

Because they are sensitive, thoughtful and often good at seeing what other people need, they can become the person everyone turns to. Or they feel obliged to offer help.

- They know how to help.
- They know who to contact.
- They know where to look.
- They can find the job.
- They can make the introduction.
- They can solve the problem.
- They can organise it.
- They can think of the next step.

And because they can, they start believing they should.

But these are not the same thing.

Being capable of helping someone does not make you responsible for helping them.

You can help someone look for a job without taking responsibility for whether they get one.

You can give someone advice without becoming responsible for what they do with it.

You can make an introduction without carrying the outcome.

You can support someone without becoming their solution.

You can care deeply without carrying their life.

Their journey belongs to them.

And ultimately, they have their own relationship with God.

The Fern needs to learn:

- *I can help without carrying.*
- *I can care without taking responsibility.*
- *I can give without becoming responsible for the outcome.*
- *I can point them towards the right door without having to walk through it for them.*

Because sometimes the very thing that makes a Fern valuable - their compassion, capability and ability to see what needs doing - can also become the very thing that exhausts them.

They become the fixer.

The rescuer.

The problem-solver.

The person who always knows what to do.

Until suddenly, they are carrying ten people's lives on their shoulders.

But they were never asked to be everyone's shepherd.

There is already a Shepherd.

There is already a Gardener.

And that isn't them. 🌿

- *They don't have to carry everything they can see.*
- *They don't have to fix everything they can fix.*
- *They don't have to rescue everyone they care about.*

Their job is to stay close to the Shepherd.

- *To notice without absorbing.*
- *To care without carrying.*
- *To help without taking responsibility for the outcome.*
- *To love without losing themselves.*

What belongs to God, they can give back to God.

They are the Fern.

He is the Gardener. 🌿

And perhaps the greatest freedom is finally realising: **“I don't have to carry what God has never asked me to carry”.**

Your Forest is waiting. 🌿

Welcome home.

Tammy x

Regulated Woman 

Website: www.regulated-woman.com

Email: become@regulated-woman.com

WhatsApp: +44 (0)7781 131045