

Protect Your Peace: A CBT Worksheet for Helping and Mental Health Professionals



Blurring work and home life is often experienced by helping and mental health professionals, and this is becoming especially true with the increase of telemedicine and teletherapy. Additionally, working from home or remotely creates challenges when balancing work and life, intersecting professional and personal boundaries. This crossover challenges our boundaries, encouraging compassion fatigue, burnout, exhaustion, detachment, and inefficacy.

Work stressors confusing personal principles influence our decision-making, self-care, and productivity. When we can implement firm professional and personal boundaries, ramifications of this crossover are mitigated, aiding in self-preservation, mental health, and overall well-being.


However, professionals may find this challenging, as “turning off” empathy is not feasible. Nevertheless, separating professional and professional roles is essential as it lowers internal conflict and increases balance.

Compartmentalization used efficiently, correctly, and healthily reduces negative concepts of self, others, personal, or professionalism. Moreover, compartmentalization fosters positive self-aspect perceptions, increasing self-esteem and dispositions. Moreover, we can diminish negative self-aspects, viewing them as non-essential and rarely activated.

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So, let us talk about peace. How important is your peace? Inner peace is believed to be a central part of life and is widely considered the most crucial and ultimate objective.

Write down all the negative professional influences that disrupt your peace on the lines below. These influences include emotions, actions, feelings, dispositions, or statements.



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Now, draw a circle around your peace. As you draw your circle around your peace, say, “I am protecting my peace with this boundary. I understand I can return to these aspects later if needed, but my peace, self-preservation, and well-being are important.”

As you do this, imagine a bright light enveloping you, protecting and wrapping itself around your body as a shield. The next time you leave work, sign off, finish for the day, or start your weekend, close your eyes and imagine this bright light boundary protecting your peace.



Drawing a circle around your peace implies you are protecting and endorsing your self-preservation. You are not dismissing these aspects as unimportant. Instead, they are non-essential at this moment. You can return to these aspects if needed at a later time. However, when we implement a balance between work and home life, we must ensure our peace is protected.

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