



10 REMINDERS

for the Days You're Bothered

A gentle reset for imperfect, human healing

BOTHERED, BARELY.

Progress over perfection. Healing over pretending.

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A REMINDER FOR TODAY

You are allowed to be bothered.

HOLD THIS

Healing is not the absence of emotion. You can be disappointed, angry, tender, or tired and still be moving forward.

REFLECT

What feeling have you been judging instead of listening to?

TRY THIS

Name the feeling without explaining or fixing it: "Right now, I feel ____."

A difficult day does not erase your progress.

HOLD THIS

Growth is rarely a straight line. Returning to an old feeling is not the same as returning to an old life.

REFLECT

What evidence shows that you respond differently now?

TRY THIS

Write down one choice you made today that your past self may not have made.

Your boundary does not need applause.

HOLD THIS

A boundary can be loving, necessary, and unpopular at the same time. Its purpose is protection—not universal approval.

REFLECT

Where are you overexplaining a limit that you have already communicated?

TRY THIS

Practice one complete sentence: “That does not work for me.”

Missing them is not a mandate to return.

HOLD THIS

Longing remembers connection, but it may forget the cost. You can honor what you miss without reopening what harmed you.

REFLECT

What do you miss—and what did staying cost you?

TRY THIS

Make two columns: “What I miss” and “What I need now.”

Rest is not falling behind.

HOLD THIS

A nervous system trained for survival may confuse stillness with danger. Rest can feel unfamiliar before it begins to feel safe.

REFLECT

What belief makes rest difficult for you?

TRY THIS

Choose ten minutes of rest that produces nothing and requires no justification.

Understanding them does not require abandoning yourself.

HOLD THIS

Compassion can explain someone's behavior without excusing its impact. Their history matters—and so does your safety.

REFLECT

Where has empathy become self-erasure?

TRY THIS

Finish this sentence: "I understand, and I still need ____."

Healing does not require pretending it never happened.

HOLD THIS

Your history can remain true without remaining in control. Integration means making room for the story without living inside it.

REFLECT

What part of your story needs acknowledgment rather than minimization?

TRY THIS

Write one sentence beginning: "What happened mattered because ____."

Quiet progress still counts.

HOLD THIS

Not every transformation is visible. Pausing before responding, sleeping better, asking for help, or choosing peace may be profound progress.

REFLECT

What private victory have you overlooked?

TRY THIS

Record one quiet win from this week and let it be enough.

Love does not require unlimited access.

HOLD THIS

You may care deeply about someone and still limit what they can reach, request, or disrupt. Distance can be an act of care for yourself.

REFLECT

Who has access to you that no longer feels emotionally safe?

TRY THIS

Choose one form of access you can reduce: time, information, money, or emotional labor.

You are allowed to begin again—without beginning from zero.

HOLD THIS

Starting over does not discard what you learned. You carry wisdom, discernment, and evidence that you can survive change.

REFLECT

What would a gentler next beginning look like?

TRY THIS

Choose one small action that supports the person you are becoming.

Keep this close.

Return whenever healing feels less than graceful.

You do not have to perform peace to prove that you are healing. You are allowed to feel, pause, protect yourself, and begin again.

CONTINUE YOUR HEALING

PsychElite Health

Mental health-informed resources for healing and growth

drbcares.org

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