Caring for Others Without Losing Myself

Balancing generosity with personal needs

Helping others is not inherently unhealthy. This exercise looks at whether patterns of giving are leaving space for your own life.

TAKE YOUR TIME Consider only a small change that is realistic in your current circumstances.

1. **What caring or helping behaviour matters to me?**

2. **When does it feel freely chosen and meaningful?**

3. **When does it become difficult, compulsory, or costly?**

4. **What personal need have I postponed or overlooked?**

5. **What is one realistic way to care for myself this week?**

6. **What support would help me maintain a healthier balance?**

EDUCATIONAL SOURCES

Johnston, N. (2020). Codependence: Treatment Strategies for Clients Who Lose Themselves in Others. PESI. | Kempe, A. (2022). After Self-Betrayal: Strategies to Help Clients Find Their Authentic Selves. PESI.