

## Boundaries & Burnout Prevention Plan

Loving someone after incarceration can be emotionally demanding. This plan helps you define healthy boundaries, recognize signs of burnout, and create space for your own healing—without abandoning the person you care about. You can support them without losing yourself.

### ◇ Know Your Limits

List 3 things that are non-negotiable for your peace of mind:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### ◇ Warning Signs of Burnout

- You feel resentment building.
- You're mentally and emotionally exhausted.
- You feel guilty saying no—even when you're overwhelmed.
- You stop doing the things that bring you peace or joy.
- You constantly feel responsible for their moods or choices.

### ◇ Boundaries I Will Practice

Write at least three boundaries you want to commit to that protect your emotional energy:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### ◇ Scripts You Can Use

- "I love you, but I can't do this for you. You have to take the next step."
- "I want to help—but I also need time for myself today."
- "We can talk when we're both calm. Right now isn't a good time."
- "I'm not shutting you out—I'm just protecting my peace."

### ◇ My Burnout Reset Plan

When I start feeling overwhelmed or resentful, I will:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

This isn't selfish—it's self-protection. Boundaries are how you stay connected without burning out.