

## Family Role Reset: How to Shift from Fixer to Supporter

When your loved one comes home from prison, it's natural to want to help them succeed. But doing too much can create stress, dependency, and burnout. This guide helps you shift from 'fixing everything' to offering real support—while also protecting your peace.

### ◇ Recognize the Fixer Trap

- You jump in to solve every problem for your loved one.
- You feel responsible for their success or failure.
- You're constantly exhausted, anxious, or on edge.
- You resent how much they rely on you—but feel guilty pulling back.
- You rarely ask for help or take time for yourself.

### ◇ Questions to Reflect On

1. What are you doing for your loved one that they could start doing for themselves?
2. What are you afraid might happen if you stop fixing things?
3. How do you define love—and does it require you to carry everything?
4. What boundaries could help you feel less overwhelmed and more present?

### ◇ Support Without Over-Functioning

- Let them make their own calls, fill out their own forms, or attend appointments alone when possible.
- Be emotionally available without becoming emotionally drained.
- Ask, “What’s your plan?” instead of offering a solution.
- Offer encouragement and accountability—not control.
- Celebrate effort, not just outcomes.

### ◇ My New Support Statement

Rewrite how you want to support your loved one moving forward:

“I will show up by \_\_\_\_\_.”

“I will stop \_\_\_\_\_.”

“I will protect my peace by \_\_\_\_\_.”