

WHAT ARE YOU STILL CARRYING?

THE EMOTIONAL BAGGAGE THAT'S QUIETLY SHAPING YOUR LIFE

THIS INVENTORY IS DESIGNED TO HELP YOU RECOGNIZE EMOTIONAL PATTERNS THAT MAY BE QUIETLY INFLUENCING YOUR THOUGHTS, RELATIONSHIPS, AND DAILY LIFE. CHECK EACH STATEMENT THAT FEELS TRUE FOR YOU.

THE MASK YOU WEAR

	I tell people I'm okay when I'm falling apart.
	I apologize for things that aren't my fault.
	I pretend I'm strong because I don't know how to ask for help.
	I smile while carrying pain no one knows about.
	I keep everything together... until I'm alone.

THE STORIES YOU BELIEVE

	I secretly believe I'm not enough.
	I feel like I have to earn love instead of simply receiving it.
	I worry people will leave if they see the real me.
	I measure my worth by what I do for others.
	I keep trying to prove I'm worthy.

THE WEIGHT YOU CARRY

	I replay conversations and wonder what I did wrong.
	I hold onto pain long after everyone else has moved on.
	I struggle to forgive myself.
	I keep hoping someone will become who I needed them to be.
	I don't know who I am without taking care of everyone else.

If you checked several of these statements, you've identified emotional patterns that may be influencing your thoughts, relationships, and daily life. Recognizing these patterns is the first step toward lasting transformation.