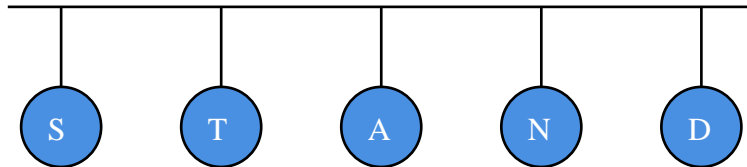


# ■ STAND for Self in Relationships

A guide to help you pause, reflect, and choose balance when you feel the urge to rescue others.



## S – Stop

Notice the urge to jump in. Pause. Place a hand on your chest or belly. Slow down before responding.

Notes / Reflections:

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## T – Think

Ask yourself: Am I abandoning myself? What belongs to me and what belongs to them?

Notes / Reflections:

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## A – Act

Choose a boundaried action. Say yes with limits, say no with care, or delay with intention.

Notes / Reflections:

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## **N – Never Doubt**

Affirm your right to self-care. Remind yourself: 'My needs matter too.'

Notes / Reflections:

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## **D – (for yourself)**

Each time you STAND, you are standing for your well-being while still caring for others.

Notes / Reflections:

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## **■ Reflection Prompts**

- What signs tell me I am about to rescue someone?

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- What does self-abandonment feel like in my body?

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- What boundary could I practice this week using STAND?

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- How can I remind myself that saying no is an act of care?

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