A CHECK-IN, NOT A TEST

How does it feel for me?

Think about a friendship, dating relationship, or family connection. Use real or made-up examples. No names needed.

THIS FEELS OKAY

THIS FEELS HEAVY

Write, draw, or leave this blank.
Share only what you choose.



You deserve support, too.

You can ask for help even if you care about the person—or are not sure what to call the problem.

My support plan

Someone I can talk to:

_____

One thing I need more of:

_____

Rest? Privacy? Time with friends?

988 Suicide & Crisis Lifeline

Call or text **988** for support in a crisis.

Immediate danger or medical emergency?
Call **911**.

Progress is Progress LLC

Mile or a Millimeter

www.progresscounselingprograms.com



Healthy vs. Heavy

Caring about someone doesn't mean carrying everything for them.

Your needs belong in the relationship, too.

Mile or a Millimeter

Healthy leaves room for you.

Friendships, dating, and family relationships can look different. Your safety and needs still matter.

A no is respected.

You can disagree or set limits without being threatened.

You still have a life.

There is room for school, friends, rest, interests, and privacy.

Care goes both ways.

Your feelings and needs count, too.

Repair includes change.

An apology is followed by different behavior.

You can care about people and still have a life of your own.

Connection can include breathing room.

When caring gets heavy.



Showing up for people can matter deeply. It feels heavy when fear, pressure, or lost needs take over.

FIXING

Feeling responsible for keeping someone calm, sober, or okay.



HIDING

Making excuses or covering up problems to protect someone.

SHRINKING

Giving up sleep, school, friendships, or your own needs.

WALKING ON EGGSHELLS

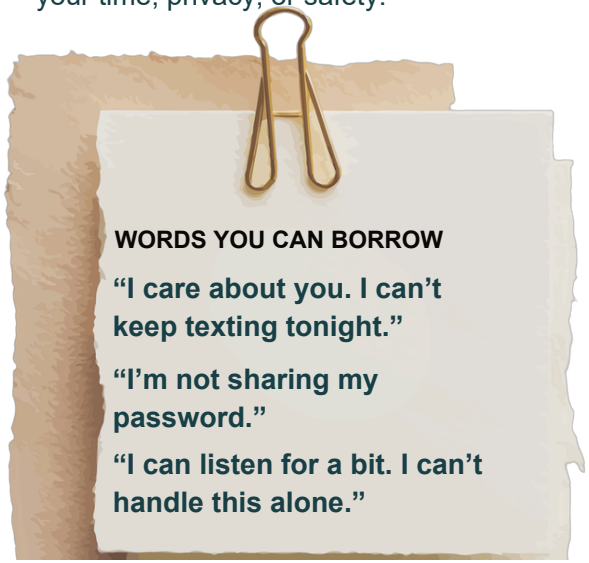
Watching every word because you fear their reaction.



Helping family and community can be meaningful. You deserve safety, support, and room for your own needs, too.

Boundaries can start small.

A boundary says what you will do to protect your time, privacy, or safety.



WORDS YOU CAN BORROW

"I care about you. I can't keep texting tonight."

"I'm not sharing my password."

"I can listen for a bit. I can't handle this alone."

If someone threatens, controls, hurts, or pressures you, talk to a trusted adult.

You do not have to confront them first. If setting a boundary could make things unsafe, get help planning your next step.



A mile or a millimeter.
One small boundary counts.

