



Intentional Life Plan

Self-Reflective Questions

Breaking the Rescue Habit

Related content

- Chapter 16: How to Stop Rescuing and Start Supporting
- Assertiveness Life Areas
- Kindness Type Self-Reflective Questions
- Empowering Words and Phrases

Name one person you tend to rescue. (You can repeat these steps for as many other people as you like.)

What emotions come up for you when you see they are having challenges?

Sometimes we find it hard to be assertive because we don't like to feel the discomfort of challenging someone, or we don't like seeing them struggle.

Write down the following statement and fill in the blanks:

Sometimes it is a kindness for me to sit with the _____ of other people's challenges instead of jumping in to _____ them because _____



Write down two or more ways you can support them without rescuing them.

