

CARE OUTLOUD REFLECTION GUIDE

Episode 3: The Tender Edge

A companion for contemplation and courage



REFLECT

Where in your life or work have you felt yourself nearing the “tender edge”?

- How did you respond?
- What helped... or didn't?

What messages have you internalized about caregiving and self-sacrifice?

- Who taught you that boundaries were selfish—or that burnout was noble?

Can you remember a time you honored your need for pause, help, or space?

- What shifted?

REFRAME

What if your capacity for presence depended on your capacity for pause?

- How would that reshape your approach to care?

What if exhaustion wasn't proof of love, but a cry for it?

JOURNAL PROMPT

“Presence has a threshold. Compassion has a nervous system.”

Write about a time when you reached your limit but stayed silent.

What would it look like now to respond with grace and self-respect?



ACT

This week, choose one moment to step back before you step in.

- Pause before responding.
- Breathe before fixing.
- Say “I need...” before saying “yes.”

The tender edge is not a place to fall.

It's a place to return—to yourself.