



What Are You Carrying That Was Never Yours?

Some burdens arrive so quietly that we forget to ask who they belong to.

Someone else's disappointment.

A problem they refuse to face.

The mood in the room.

The responsibility for keeping everyone comfortable.

You may have carried these things for so long that setting them down feels unkind.

But care and ownership are not the same.

You can care about someone without becoming responsible for every feeling they have.

You can love them without carrying the consequences of every choice they make.

Notice what happens when you imagine returning one burden.

Not abandoning the person.

Not becoming cold.

Simply allowing the weight to rest where it belongs.

Perhaps guilt appears.

Let it appear.

Guilt is not always proof that you are doing harm.

Sometimes it is the feeling of changing an old arrangement.

So today, ask gently:

“Is this actually mine?”

If the answer is no, you do not have to keep proving your goodness by carrying it.





Something to Sit With

What am I carrying because I am afraid of what will happen if I put it down?

