LISTENER WORKBOOK

Tough Love

Love When It Is Tough • S2E2

A place to notice the difference between love, rescue, guilt, boundaries, and honest support.

You do not have to solve anything on these pages. Notice first. Name what is yours. Leave room for what belongs to someone else.

ARRIVE

When you hear “tough love,” what memory, person, or feeling arrives first?

Do not correct the memory yet. Just let it show you what the phrase has meant in your life.

NOTICE

Where do you tend to fix, rescue, manage, or over-function?

Circle one area where helping has started to feel heavier than loving.

SEPARATE

Write one thing that belongs to you — and one outcome that belongs to someone else.

Mine to carry / Mine to support / Mine to witness can be three very different jobs.

BOUNDARY

Complete: “I cannot do _____. I can still offer _____.”

A boundary can be a line that protects the relationship, not a locked door.

RELEASE

What guilt are you carrying as though it proves you care?

What would change if guilt were information instead of instructions?

CARRY FORWARD

What would “letting go of the outcome without letting go of the hand” look like this week?

Choose one small action you can actually live with.

A DROP TO TAKE WITH YOU

Hope can return in drops until the cup is no longer empty.

One next step still counts.