

The Savior Syndrome Self-Check & Reframe Guide

This worksheet is designed to help you identify people-pleasing patterns and gently shift toward reclaiming your energy and self-trust. You are not here to fix anyone, you're here to heal and thrive in your own truth.

Self-Check: Have You Felt This Way?

- ☐ I often feel responsible for other people's emotions.
- ☐ I've stayed in relationships hoping the other person would change.
- ☐ I feel guilty saying no, even when I'm drained
- ☐ Helping others gives me purpose-but sometimes at my own expense.
- ☐ I've prioritized someone else's healing over my own.

Red Flags of Savior Syndrome in Toxic Relationships

- ☐ They expect you to fix their problems, but never do the work themselves.
- ☐ You feel depleted or invisible in the relationship.
- ☐ You minimize or excuse their harmful behavior because of their past pain.
- ☐ You fear setting boundaries because you don't want to seem uncaring.
- ☐ You lose touch with your own needs or desires.

Reframe Prompts

What am I trying to prove by helping this person?

Is this love or am I trying to earn love through sacrifice?

What would it look like to put my energy into myself instead?

What boundary could I set that honors both compassion and self-respect?

Empowering Affirmations

I am not responsible for healing others.

I can offer support without abandoning myself.

I choose peace over performance.

It is safe to let go of roles that keep me small.

I am worthy of love just as I am.



URNA
Empowering Women
to Heal and Thrive