

Holding Space Without Losing Yourself

This little guide is here to help you stay connected to yourself while you are supporting someone else.

Holding space can feel meaningful, warm, and heavy at the same time. It is easy to give more than you planned or forget to check how you are doing in the moment.

Think of this as a small companion you can return to when you want to stay grounded, honest, and steady.

Use it like a worksheet. Slow down, answer the prompts, and come back to it after real conversations. There is no pressure to get it right. You are practicing awareness, not perfection.

1. Notice Your Intent

Before you step into someone else's emotional space, take a moment to understand why you are entering it. Your intent shapes how you show up.

Reflection prompts:

- What is pulling me into this moment right now
- Am I here to help or am I here to rescue
- What role am I stepping into and is it one I want

Notes:

2. Check Your Energy

Your energy tells the truth before anything else does. When you check in with yourself, you make space for support that feels honest and sustainable.

Quick energy scan (1–5):

Emotional energy: 1 2 3 4 5

Mental clarity: 1 2 3 4 5

Physical energy: 1 2 3 4 5

Presence or patience: 1 2 3 4 5

Prompts:

- Do I have space for this right now
- What would supportive but not self sacrificing look like

Notes:

3. Engage Intentionally

Once you know your intent and your capacity, you can show up with presence. This is where connection grows without losing yourself.

What do you need from me right now

Listening • Ideas • Space to vent • Validation • Distraction • Encouragement • Company

My boundary for this moment:

Integration and Reflection

Prompts:

- What did I do well
- Where did I override my needs
- What do I want to try next time

Notes: