When Helping Becomes Overstepping

Helping Without Holding Them Back

Encouragementology®
the practice of instilling hope

DAY 1: Looking at How I Help

When someone I care about is struggling, what is my natural response, and what might that reveal about me?

- Do I listen first, or immediately look for a solution?
- How comfortable am I watching someone struggle?
- When does helping someone make me feel needed or valuable?

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DAY 2: Pausing Before I Step In

Where might I be solving problems that someone else is capable of working through?

- Did this person actually ask for my help?
- What might happen if I gave them more room to figure it out?
- Am I responding to their need or my own discomfort?

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DAY 3: Supporting Without Taking Over

How could I offer support that helps someone build confidence instead of becoming dependent on my help?

- Could I ask questions instead of giving answers?
- What is the least I could do and still be genuinely helpful?
- How could I communicate that I believe in their ability?

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DAY 4: Making Room for Growth

What challenges in my own life helped me discover strengths I might never have developed otherwise?

- What did I learn by figuring something out for myself?
- Who gave me room to learn from my own choices?
- Could someone I love need that same opportunity?

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DAY 5: Releasing the Need to Be Needed

If someone I regularly help needed me less, how would that change the way I see my role in their life?

- Have I connected being helpful with being valuable?
- Can I allow someone to grow without feeling pushed away?
- What could our relationship become if it were based more on connection than dependency?

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REFLECTION

As I look back over these five days, where could I shift from fixing someone's problems to encouraging their ability to face them?

- **Where am I ready to loosen my grip?**
- **What kind of help would leave the people I love stronger?**
- **How can I remind someone, through my words or actions, "I believe you can do this"?**