



The Weight You're Carrying

CHAD KEMPEL

Yours to keep. No one collects this.

1 Cognitive load:

the invisible weight your brain is carrying.

Tool: write one thing down.

“The thing I’m carrying is ...”

2 The freeze response:

your body locks up to protect you. It isn't weakness.

Tool: say “this is my freeze response,” then name 5 things you see, 4 you can touch, 3 you can hear.

3 Displacement:

the weight comes out sideways, as anger or pulling away.

Tool: the one-question pause.

“Is this actually about this person?”

4 Post-traumatic growth:

struggle can rebuild who you are, if you choose it.

Tool: the one-sentence turn.

“What this hard thing has started to teach me is ...”

**Need to talk to someone now? Call or text 988. In
danger? Call 911.**

At school, talk to _____ in _____