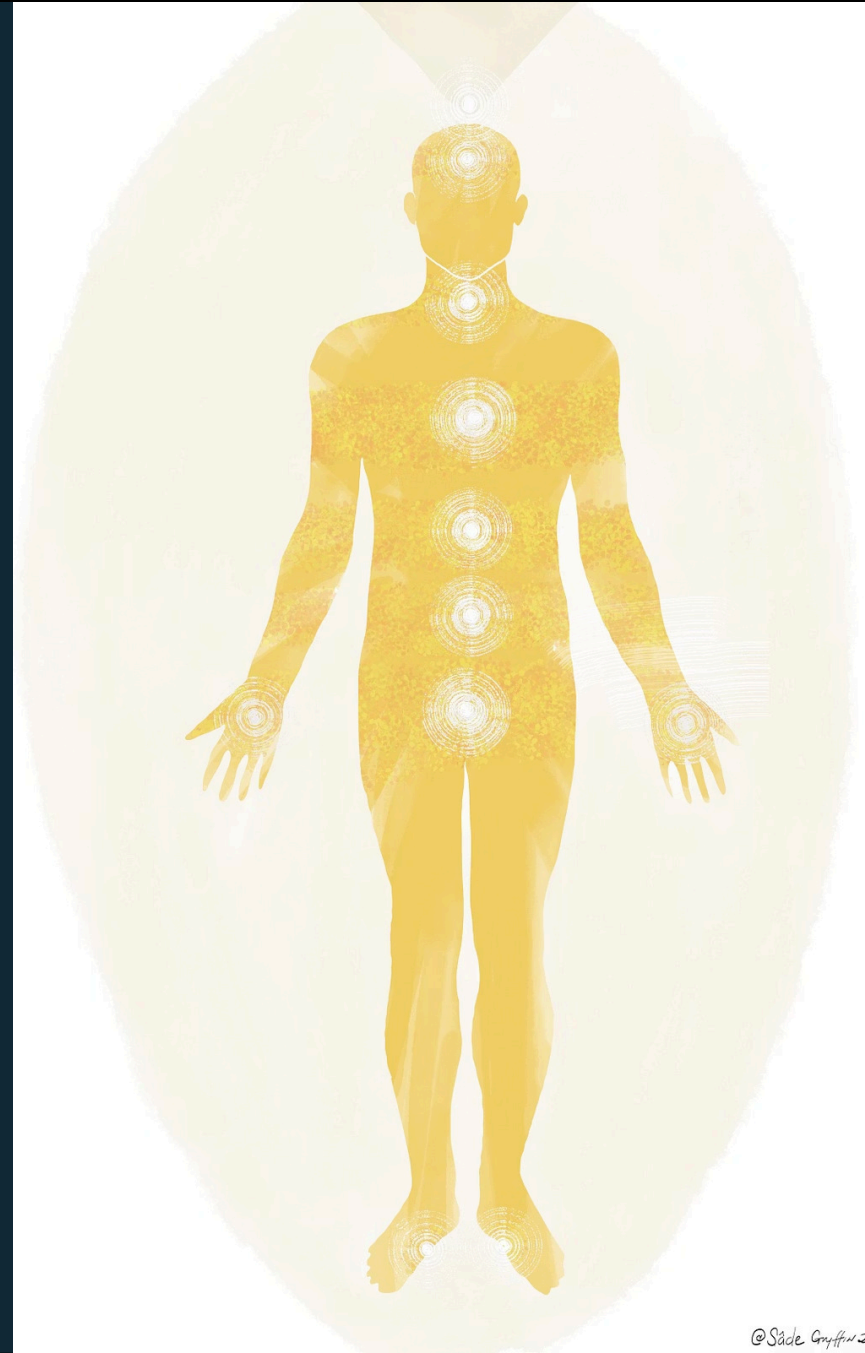


Energy Boundaries Ritual Kit

A 7-day guide to protecting your peace and identifying energy vampires. If you're here, it means you're done pretending that exhaustion after certain friendships is "normal." You're ready to trust what your body has been trying to tell you—and to protect your energy without guilt.



What's Inside Your Journey



Daily Reflections

Gentle prompts to help you tune into your body's wisdom and recognize patterns in your relationships.



Drain vs. Gain Tracker

A simple tool to map your energy before and after every interaction for seven days.



Boundary Scripts

Ready-to-use phrases you can say tonight to protect your peace without guilt.



Release Ritual

A sacred practice to gently let go of relationships that no longer serve your highest good.

Commit to 7 days. Each evening, spend 5–10 minutes with the daily prompt and tracker. Be honest, not harsh—this isn't about vilifying anyone, it's about honoring what's true for you.

The Drain vs. Gain Tracker

Use this after *every* social interaction for the next 7 days. This simple practice will reveal patterns you might have been ignoring for years.

Date	Person/Group	Energy Before (1-10)	Energy After (1-10)	Vibe (1 word)	Notes
Example	Coffee w/ Sarah	7	4	Drained	Talked about her problems for 2 hours

What to notice: Who consistently brings your energy down? Who consistently lifts it up? Are there patterns in location, time of day, or activity? Your body knows the truth—let's help your mind catch up.

Day 1: Body Wisdom Check-In

Close your eyes. Think of the last three people you spent time with. As you picture each one, notice what happens in your body.

Does your chest tighten or open? Do your shoulders rise or drop? Does your breath quicken or slow?

Your intuition speaks in sensations, not sentences. Write down what you noticed. This is the beginning of trusting yourself again.

Micro-Action

Choose one person you'll see this week. Before you meet, pause and scan your body. After you leave, scan again. What changed?

Day 2: The Reciprocity Reality Check

Open your phone. Look at your last 10 text conversations. For each one, count: How many times did *you* initiate? How many times did *they* ask you a question about your life? How many times did the conversation feel balanced?

📄 **Be honest.** A 70/30 split occasionally is normal. A 90/10 split consistently is a pattern. If you're always the one reaching out, always the one asking questions, always the one making plans—that's not a friendship. That's a one-person show.

Micro-Action

For the next week, resist the urge to "fill the silence" with one person. See if they reach out. Notice how it feels to not be the one carrying the connection. The answer will tell you everything.

Day 3: What You Tolerate, You Normalize

Interrupted you repeatedly

Your words matter. If someone consistently talks over you, they're telling you your voice doesn't.

Dismissed your feelings

"You're too sensitive" is code for "Your feelings are inconvenient for me."

Made a "joke" at your expense

If you're the only one not laughing, it's not funny. It's cruelty dressed up as humor.

Minimized your wins

Real friends celebrate you. Energy vampires qualify your joy or change the subject.

Think of a recent interaction where someone crossed one of these lines. Did you say something, or did you laugh it off and move on?

What you tolerate, you teach. Not speaking up doesn't keep the peace—it abandons yourself.

Micro-Action

Write down one behavior you're no longer willing to tolerate. Craft a one-sentence boundary: *"I need us to talk without interruptions so I can finish my thought."* Practice saying it out loud. Tonight.

Day 4: Energy Vampires vs. Safe Spaces

Energy Vampires Make You Feel...

- Smaller, not bigger
- Drained after every conversation
- Like you need to perform or edit yourself
- Guilty for having boundaries
- Competitive about your wins

Safe Spaces Make You Feel...

- Expansive and seen
- Energized, even after deep talks
- Free to be your unedited self
- Supported in your growth
- Genuinely celebrated

List three people in your life. For each, answer: Do I feel bigger or smaller after spending time with them? Do they celebrate my wins genuinely, or do they qualify them? Can I be my full, unedited self around them?

Micro-Action

Text or call the one person who makes you feel *most* like yourself. Tell them one thing you appreciate about how they show up for you. Notice how different gratitude feels when it's genuine, not performative.

Days 5-6: The Guilt Trap & Friendship Audit

Day 5: Understanding Guilt

If you're feeling guilty about distancing from someone, ask yourself: Am I guilty because I did something *wrong*, or because I'm breaking an *old pattern*? Would this person feel guilty about prioritizing their peace over my comfort?

Guilt is not the same as wrongdoing. Sometimes guilt is just your nervous system resisting change. You've been conditioned to put others first. Choosing yourself feels foreign, but it's not wrong.

Micro-Action: Write a letter you'll never send. Tell the person everything you wish you could say—the hurt, the exhaustion, the truth. Fold it. Burn it, bury it, or keep it. The release is yours.

Day 6: Your Friendship Audit

Using your tracker from the past 5 days, identify your Drains (consistent energy drops), Gains (consistent energy lifts), and Neutrals (no strong pattern). Now decide: What do I want to do with this information?

Micro-Action: Choose one "Drain" relationship. Decide on one small boundary you'll implement this week—like no longer answering late-night venting calls or shortening visits to one hour.

Day 7: The Release Ritual

Some relationships aren't meant to last forever. That doesn't make them failures—it makes them chapters. You can honor what was while still choosing what's next.

01

Create Sacred Space

Light a candle or sit in stillness. Take three deep breaths and center yourself in this moment.

03

Speak Your Truth

Say out loud or in your heart: *"Thank you for what you taught me. I release you with love. I choose my peace."*

02

Name What You're Releasing

Think of one person or dynamic you're ready to release. Hold them in your heart without resentment.

04

Set Your Intention

Write down three qualities you want in your next friendships. Pin it somewhere visible. You're being intentional, not picky.

Boundary Scripts You Can Use Tonight

When someone guilt-trips you: "I hear that you're disappointed, and I'm still choosing what's best for me right now."

When someone dismisses your feelings: "I'm not asking you to agree—I'm asking you to hear me."

When someone drains you with constant venting: "I want to support you, but I'm not in a place to hold this today. Can we revisit when I have more capacity?"

When you need space: "I'm taking some time to recharge. I'll reach out when I'm ready."

Remember: Boundaries aren't mean. Boundaries are love—for yourself and for the relationship.

You've Done the Work. Now What?

You've spent 7 days listening to your body, tracking your energy, and getting honest about who deserves access to you. Some friendships will shift. Some will end. And some will deepen in ways you didn't think possible—because now, you're showing up as your full, protected, authentic self.

📄 **Need support as you navigate this?** We offer one-on-one guidance, energy-clearing rituals, and gentle accountability for empaths and heart-forward humans ready to protect their peace.

📱 WhatsApp: +254 720 202 299

✉️ Email: hello@arcane-guides.com

May you trust what your body has been trying to tell you. May you honor the people who honor you. May you release the rest with grace. And may you always, always choose relationships that let you breathe.

You're not too sensitive. You're awake.