PRISONTOK GIRLIES

PTG Guide 02

DEALING WITH THE EMOTIONS OF LOVING SOMEONE INCARCERATED

your feelings are allowed here ♡

Loving someone inside is a grief nobody throws you a casserole for. This guide is a soft place to name what you are carrying and to take care of the woman holding it all together.

WHAT YOU MAY BE FEELING

- ♡ Ambiguous loss — they are alive and present, yet absent from daily life.
- ♡ Loneliness in a crowd, especially at holidays, birthdays, and ordinary Tuesdays.
- ♡ Anger at the system, at them, at yourself — sometimes all in one hour.
- ♡ Guilt for having a good day, or for wanting one.
- ♡ Shame from other people's judgment that was never yours to carry.
- ♡ Hope that feels dangerous to hold too tightly.

GROUNDING WHEN IT GETS LOUD

- ♡ 5-4-3-2-1: name five things you see, four you hear, three you can touch, two you smell, one you taste.
- ♡ Box breathing: in for four, hold four, out for four, hold four. Four rounds.
- ♡ Cold water on your wrists and the back of your neck.
- ♡ Move the feeling through your body — walk, stretch, clean one drawer, dance one song.

PROTECTING YOUR PEACE

- ♡ You can love someone and still set limits on calls, money, and emotional labor.
- ♡ Decide what you share publicly. Your story is yours to release slowly.
- ♡ Unfollow, mute, and step back from anyone who makes your love a punchline.
- ♡ Schedule joy on purpose — it is maintenance, not betrayal.

SIGNS YOU NEED MORE SUPPORT

- ♡ You cannot sleep or eat for days at a time.
- ♡ You feel numb or detached from people you love.
- ♡ You are using substances to get through nights.

♡ You have thoughts of harming yourself — call or text 988 (Suicide & Crisis Lifeline) right now. You matter.

BUILDING YOUR CIRCLE

♡ Find one person who never asks you to explain or defend your relationship.

♡ Look for a support group for families of incarcerated loved ones — in person or online.

♡ Therapists who work with grief and trauma understand this even if they have never named it.

YOUR NOTES

write it out, girlie ♡

Today I am feeling...

What I need and haven't asked for...

One kind thing I will do for myself this week...

You are not weak for struggling. You are carrying a weight most people never see. Put it down sometimes — it will still be there, and so will you.

♡