Common Caregiver Feelings

Caregiving can bring up lots of emotions. Read the phrases below. Circle or underline the ones that resonate with you. Take note: When have you felt this way? What helped?

Nervousness

- I should be able to help.
- I feel nervous when people come to visit.

Guilt

- I thought he/she’d be better by now.
- I feel guilty asking my loved one to do things.

Frustration

- I get tense when we go out in public.
- I have to do everything.

Anger

- Why can’t he/she just figure it out?

Sadness

- I feel uneasy about the future.

Grief

- I don’t take time for myself because I feel guilty about being away from my loved one.