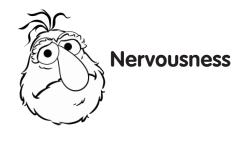


## **Common Caregiver Feelings**

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?* 



I should be able to help.

Guilt

I thought he/she'd be better by now.

I feel guilty asking my loved one to do things.



I feel nervous when

people come to visit.



I get tense when we go out in public.

I have to do everything.

Why can't he/she just figure it out?

I feel uneasy about the future.

I miss the way things used to be.



**Sadness** 

I feel trapped.

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