

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.



Anger

I get tense when we go out in public.



Frustration

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

Grief

I feel trapped.

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