

In order to be in the proper mindset to articulate exactly how you feel, we recommend that you allot yourself time to do this alone, in a place that you consider peaceful.

1. What about caregiving triggers stress for me?

Observation (be specific about triggers)

What can I do to diffuse stress quickly?

How can I deal with this in the long run?

2. Do you find yourself often angry at your elder or yourself?

What, specifically, makes you angry?

In this situation, do you truly feel anger? Is there a more specific underlying emotion?

What steps can I take to deal with my emotions?

3. Have you developed bad and/or unhealthy habits since becoming a caregiver?

Bad/unhealthy habit	What will I gain from correcting this?	How will I correct this bad habit?
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4. Has being as caregiver detrimentally affected your job and/or personal life?

List, specifically, how it has affected you	What steps can I take to deal with this?	What resources can I access to help me? (books, professional help, support groups)
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