



The Emotional Rollercoaster

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Affirmations

When feeling guilty ...

- My love is limitless; my time and resources are limited.
- I spend quality time with my family member; it is limited time.
- I forgive myself for not always being patient; I am human and have a breaking point.
- I forgive myself for negative thoughts about my family member; I wish the situation could be different.
- I accept all my feelings as valid.

When feeling anxious...

- I have planned for the “what ifs” of my family members future needs.
- I have a friend dealing with a similar problem that I can call almost anytime.
- I acknowledge the anxiety and write a plan I will work on tomorrow.

Self-Care...

- I find one pleasurable activity to do each day.
- I have one full day a month all for myself.
- I share the care of my family members with others (friends, family members, day-care programs, paid caregivers).
- I have the right to respect.
- I let others give to me. I accept their help graciously.
- I have educated myself about my family member’s illness.
- I acknowledge I must take care of my health so that I can manage the health of my family member.