



*Eldercare Giving: Questions to Get Started*

- ♥ When do you say "NO ?"
- ♥ What are your greatest challenges ?
- ♥ What might you be really scared about ?
- ♥ When you're stressed - resisting what is - how do you cope ?
- ♥ What might you feel really angry about ?
- ♥ When do you know you've had enough ?
- ♥ What fuels you, fills you up so you can give out ?
- ♥ How long has it been since you've had fun ?
- ♥ What CAN you control ? What CAN'T you control ?
- ♥ What might you now appreciate about yourself that you never did before ?
- ♥ What feelings do you dare not express ?
- ♥ How has caregiving changed your life ?
- ♥ What might you feel guilty about ? (guilt=anger+fear)
- ♥ What might you feel embarrassed about ?
- ♥ What might you love to let go of ?
- ♥ What was fun in childhood and could still be fun today ?
- ♥ What role are you playing out from your family of origin ?
- ♥ How old do you feel while caregiving ?
- ♥ What lessons would you share with a "newbie" caregiver ?
- ♥ What changes - physical, mental, spiritual, energetic, etc. - have you noticed in yourself ?