



## **Caregiver Help.com**

### **Module 3 : Session 1 : Printed Instructions “Coping with Caregiver Guilt” PDF**

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#### **Watch Intro Video**

Coping with Caregiver Guilt Module 3, Session 1

**2**

#### **Download and Print this PDF**

**3**

#### **Watch Video**

“Madelyn Leaves Quentin Home Alone”

**4**

#### **Watch Video**

Guilt 1 - “What a Trip”

#### **Complete Workbook Page 12**

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#### **Watch Video**

Guilt 2 - “Get Lost You Big Bully”

#### **Complete Workbook Page 13**

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#### **Read Action Step**

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# Caregiver Guilt

*A feeling of having done wrong  
or failed in an obligation*

Caregivers often get caught up in the spiraling cycle of anger followed by guilt. They think they should be able to do more. They feel guilty for losing their tempers, for having negative thoughts, for wanting a little free time for themselves, for not being able to keep promises, for family conflicts, and for sometimes wishing their loved one would just die.

Sometimes guilt is self-imposed; sometimes it is inflicted on us by others. Either way, it can be a destructive emotion that leads to feelings of resentment, more anger, and depression.

I am **AWARE** that I feel guilty when (or about) \_\_\_\_\_

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I **ACCEPT** that guilt may or may not be an appropriate response.

My feelings of guilt are generally based on my \_\_\_\_\_ actions \_\_\_\_\_ feelings

Guilt impacts my behavior and my attitude toward others in the following ways:

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I am willing to accept the fact that I am human and that sometimes I will (or will not)

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# I will take **Action** to manage my **Guilt** by implementing one or more of the following strategies:

Applying the principals of Creative Indifference to situations that have caused you to feel guilty, complete the following:

- Did I intentionally cause harm to another person?  Yes  No
- Could I accept, explain or forgive that behavior in someone else?  Yes  No
- Is this feeling self-imposed?  Yes  No
- Is this feeling being imposed upon me by someone else?  Yes  No
- Can I change what happened?  Yes  No
- Does my guilt benefit my care receiver?  Yes  No

If I have **not** intentionally caused physical or emotional harm to my care receiver, I will change my vocabulary. When I start to feel guilty, I will replace the word **guilt** with the word **regret**. For example:

I **regret** that I lose patience when my care receiver \_\_\_\_\_

I **regret** that I feel \_\_\_\_\_

I **regret** that I resent the time it takes to \_\_\_\_\_

I **regret** that I our relationship is \_\_\_\_\_

I **regret** that I did or didn't \_\_\_\_\_

I am going to focus on the kind, loving, and generous things I do on a regular basis to help my care receiver by listing them here: \_\_\_\_\_

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