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Module 1 : Session 2 : Printed Instructions “Creative Indifference” PDF

1

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Creative Indifference, Module 1, Session 2

2

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3

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4

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Developing an Attitude of Creative Indifference

The practice of not allowing yourself to become emotionally ravaged by events or the progression of the disease



THREE steps to developing an Attitude of Creative Indifference

1. Become **AWARE** of the specific issues that cause you the greatest amount of emotional stress
2. **ACCEPT:** You are human and you are coping with situations that are complicated and extremely difficult to manage
3. **ACT!** Take charge of the things you can change. Release the things over which you have no power, influence, or control

