



Caregiver Help.com

Module 2 : Session 1 : Printed Instructions “Caregiver Anger” PDF

1

Watch Intro Video

Caregiver Anger, Module 2, Session 1

2

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Complete Page 2 of Journal Worksheet

3

Watch Video

“Why am I Angry, Let Me Count the Ways!”

4

Read Action Step

5

Finish Button

Caregiver Anger

It is not unusual for caregivers to be angry with a variety of people, situations, and events

You may be mad at the disease, your care receiver, the medical community, insurance companies, Medicare, Medicaid, friends, family, and coworkers. On the following lines, without stopping to analyze whether you **SHOULD** feel upset or not, just write down the people, situations, or issues that are currently making you mad.
