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

1. 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
(3rd Page of this PDF)

5. Watch Video
Guilt 2 - “Get Lost You Big Bully”
Complete Workbook Page 13
(4th Page of this PDF)

6. Read Action Step

7. Finish Button

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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) __________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

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:
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

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