

Actions to Manage Feelings

The following steps can be used to help you get in touch with the feelings that are most difficult for you as a care partner and to plan actions that will help you manage them.

1 Identify your feelings, one at a time.

Example: ***I feel afraid.***

2 Identify what would help you deal with the feeling. What do you need?

Example: ***I need to get more information about the disease.***

3 Plan to do at least one thing that would help.

Example: ***I will call his nurse and ask her to send me information about his condition, or refer me to where I can find it.***

4 Decide when you will carry out the plan.

Example: ***I will do it today while John is napping.***