

Processing Tool

Loneliness

Anchor Phrase: My relationships have changed, but I am not alone.

www.thenegativespace.life

When we become caregivers, our relationships with friends, family, and co-workers may change. Some show up in incredible ways we could have never imagined. Others say hurtful things or don't provide the support that we need and deserve. Still others disappear completely.

At the same time, new friends may come into our lives because of this role: people we meet at support groups or even at the hospital. In this season, we can grieve the relationships we have lost, notice who stuck around, and celebrate the new relationships that caregiving has brought into our lives.

Use the image below to help you remember that **you are not alone**. Write the names of people in your life on circles radiating out from you, remembering to add new friends like those you've met at a support group. Add more circles as needed. Even if you only have a few names to add, take time to honor that relationship and support.

Next time you feel lonely, think back on this and remember that **even though some of your relationships have changed, you are not alone**.

