

Reflection Questions

Loneliness

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

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Take a moment to reflect.

In what situations do you feel the most alone?

What is it about that situation that brings up those feelings?

Which relationships in your life have changed since your caregiving began, either for the worse or the better?

Have any of those changes surprised or disappointed you?

What do you wish you could say to those people?

What new friendships or connections have you formed because of your caregiving experience?