



To help you explore how caregiving has emotionally impacted you, take a few moments to review this alphabetical list of emotions from Chapter 13 of *When Caregiving Calls*.

## What are the top ten (10) emotions that best describe how you feel as a caregiver for your loved one?

Circle ten emotions that reflect your feelings. Please note that for this activity, there are no “right” answers — only honest answers.

Abandoned	Cynical	Faithful	Irritable	Pain	Strong
Accepting	Dejected	Fearful	Joyful	Paranoid	Submissive
Aggravated	Delighted	Foolish	Kind	Peaceful	Surprised
Altruistic	Denial	Frazzled	Lazy	Pessimistic	Tense
Angry	Depressed	Free	Lonely	Pleased	Terrified
Annoyed	Despair	Frustrated	Longing	Pressured	Tired
Anxious	Determined	Fulfilled	Loved	Proud	Tranquil
Appreciated	Devastated	Generous	Loving	Puzzled	Trapped
Apprehensive	Disappointed	Grateful	Loyal	Regretful	Troubled
Ashamed	Discouraged	Grief-stricken	Mad	Relaxed	Trusting
Bewildered	Disgusted	Grossed out	Mean	Relieved	Tormented
Bitter	Distracted	Guilty	Melancholic	Remorseful	Uncertain
Calm	Distressed	Happy	Merciful	Resentful	Understood
Carefree	Doubtful	Hateful	Miserable	Restless	Uneasy
Cautious	Ecstatic	Heartbroken	Morbid	Sad	Unhappy
Cheerful	Embarrassed	Helpful	Mourning	Satisfied	Upset
Compassionate	Empathic	Helpless	Needed	Scared	Valued
Concerned	Empty	Hopeful	Needy	Scarred	Vulnerable
Confident	Enlightened	Hopeless	Neglected	Secure	Warm
Confused	Enraged	Humble	Nervous	Sensitive	Weak
Contempt	Enthusiastic	Hurt	Nostalgic	Shame	Worn out
Content	Euphoric	Insecure	Optimistic	Sick	Worried
Courageous	Exasperated	Inspired	Outraged	Shocked	Worthless
Crazy	Excited	Insulted	Overjoyed	Sorrowful	
Curious	Exhausted	Intimidated	Overwhelmed	Stressed	

After you have circled ten emotions, look across the words you selected. **What do those words tell you?**

Caregivers experience a wide range of emotions. It's important for you to know that your feelings are very normal.

If this activity has raised concerns about the impact caregiving is having on you, please consider seeking help from a qualified mental health professional.