

# C1 Activity #3: Guided Reflection on My Caregiving Story

## What's good about it?

- What are the good parts of caring for my loved one?
- What gives me a sense of joy or happiness?
- What is meaningful to me or to my loved one?
- What am I proudest of doing?
- What is important about my being a caregiver?

## What's not so good about it?

- What are the most difficult parts of caring for my loved one?
- What brings me sorrow or pain?
- What is frustrating or annoying about this role?
- How do these difficulties, sorrows, or frustrations affect me?

## What I've taken away from my caregiving journey.

- What lessons have I learned from being a caregiver?
- How have I grown or changed as a result of caring for my loved one?
- How has being a caregiver enriched my life?