

As a caregiver, what are my biggest decisions or the most difficult choices? What makes them so big or difficult?

What are the best and the worst caregiving decisions I ever made? What made them so? Are there lessons I learned that could be applied to future choices?

Who are people on whom I can rely when faced with difficult choices in these areas:

- Health care:
- Insurance:
- Finances:
- Legal matters:
- Household management:
- Handling emotions:
- Are there other areas where I need help making choices, and who can I ask for help?

What are some healthy and some unhealthy choices I have made for myself? How did these affect my family or friends? Would I make the same choices in the future? If so, why? If not, why not?

Are there times when I avoid choosing or let others choose for me? What are the results, either positive or negative, that are associated with “choosing not to choose?”

What are the “big rocks” in my life, the values, and priorities I need to honor when I make choices?

What are the difficult caregiving responsibilities I would rather avoid, deny, or change? Which of my personal perspectives do I treat as if they were objective facts? What are the consequences of being less than honest with myself?