



Caregiving Mindset Assessment

Evaluate your current mindset about caregiving:

1. How do you perceive your role as a caregiver? Is it primarily a burden, a duty, or an opportunity?
2. What are your beliefs about your ability to balance caregiving responsibilities with self-care?
3. Do you feel guilty when prioritizing your own needs?
4. How do you view the challenges and obstacles that come with caregiving?
5. Do you feel overwhelmed or discouraged when thinking about caregiving for others while trying to take care of yourself?

Overall:

Is your mindset about caregiving positive or negative?

