



Family Caregivers
of British Columbia

Suggestions on Managing Guilt

- **Read** about caregiving and the challenges involved.
- **Write:** Use a journal to express your thoughts, feelings and concerns.
- **Talk** with people that you trust and who are able to really listen to you.
- **Self examine:** what are your guilt feelings about? What are they telling you? What is the purpose of these feelings?
- **Ask yourself**, “What old tapes am I playing?”
- **Distinguish** between what you can do something about and what you can’t do anything about.
- **Practice** “thought stopping” exercises for negative and destructive thinking patterns.
- **Join others** who are facing some of the same challenges for mutual support.
- **Remember** that self-care is a necessity and a responsibility, not a luxury.