

Worksheet 1.4: Emotional response to caregiving

Carers arrive at the workshops with a range of very intense and often conflicting emotions. The table illustrates some of these.

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|-----------|-----------|----------|--------------|
| Angry | Sad | Fearful | Guilty |
| Worried | Depressed | Confused | Helpless |
| Unfair | Hopeless | Consumed | Ashamed |
| Defeated | Lonely | Lost | Disempowered |
| Terrified | Isolated | Furious | Sorry |

These emotions may also be intermingled with unconditional love and unerring hope.

Write down all the emotions that you have experienced while caring for your loved ones.

On a scale of 0 to 10 how intense are these emotions (10 = most intense)?

There are so many emotions that come with caring for someone with an eating disorder and there are many reasons why you might be feeling this way right now. We will talk a lot about emotions throughout the workshops, both yours and your loved ones'. The more you can own your emotions and talk about them, the more likely it is that your loved ones will start to follow suit. You will be role modelling emotional intelligence.