



When I Miss My Old Life

A Gentle Reflection Sheet for Dementia Caregivers

What I Miss (Be Honest Here)

There is no judgment on this page.

Right now, I miss:

- My career or professional identity
- Financial stability
- My social life
- Spontaneity
- Being someone's partner instead of their caregiver
- Traveling
- Quiet
- Sleep
- Feeling carefree
- Other: _____

What Caregiving Has Cost Me

Caregiving is an act of love.

It is also an act of sacrifice.

Things that have changed in my life:

It feels hard because:

The Guilt Voice vs. The Truth Voice

The Guilt Voice Says:

"I shouldn't feel this way."

"I'm selfish."

"Other people have it worse."

"I don't get to want more."

Add your own guilt thoughts:

Now gently answer with truth.

The Truth Voice Says:

I can love deeply and still grieve deeply.

Missing my old life does not cancel my compassion.

Caregiving is hard. That is not a moral failure.

Write your own truth statement:

What I Need (Even in Small Doses)

Right now, I could use more:

- Rest
- Help
- Encouragement
- Time alone
- Financial guidance
- Counseling or support
- A break
- Something joyful
- Permission to not be strong today

One small thing I can give myself this week:

Closing Affirmation

Read this slowly:

I am allowed to miss my old life.

I am allowed to need support.

I am still a whole person.

Caregiving does not erase me.

Today, I choose compassion over guilt.

If guilt brought you here, let grace walk you forward.