

# Actions to Manage Feelings

The following steps can be used to help you get in touch with the feelings that are most difficult for you as a care partner and to plan actions that will help you manage them.

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**1 Identify your feelings, one at a time.**

Example: *I feel afraid.*

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**2 Identify what would help you deal with the feeling. What do you need?**

Example: *I need to get more information about the disease.*

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**3 Plan to do at least one thing that would help.**

Example: *I will call his nurse and ask her to send me information about his condition, or refer me to where I can find it.*

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**4 Decide when you will carry out the plan.**

Example: *I will do it today while John is napping.*

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