## **CAREGIVER TRAPS**

It is normal for caregivers to have concerns when supporting the behavioral recovery of their loved ones. How likely are you to feel concerned about each of the following items when supporting your loved one with behaviours and symptoms?

I'm afraid of making attempts and being rejected by my loved one.											
Not likely 1	2	3	4	5	6	7 Extremely likely					
2. I'm afraid of putting strain on my couple relationship.											
Not likely 1	2	3	4	5	6	7 Extremely likely					
I'm afraid of putting stra	ain on	or losing	g other	signific	ant relat	tionships (besides one's partner).					
Not likely 1	2	3	4	5	6	7 Extremely likely					
. I'm afraid that my loved one will be seen as abnormal or mentally ill.											
Not likely 1	2	3	4	5	6	7 Extremely likely					
5. I'm afraid that I will do/say something I will regret out of frustration or desperation.											
Not likely 1	2	3	4	5	6	7 Extremely likely					
6. I'm afraid of breaking down or burning out throughout the process.											
Not likely 1	2	3	4	5	6	7 Extremely likely					
7. I'm afraid of pushing my loved one "too far" and making symptoms worse.											
Not likely 1	2	3	4	5	6	7 Extremely likely					
8. I'm afraid of of coddling my loved one and preventing her/him from becoming independent.											
Not likely 1	2	3	4	5	6	7 Extremely likely					
9. I'm afraid of being blamed or being to blame if it doesn't go well.											
Not likely 1	2	3	4	5	6	7 Extremely likely					
10. I'm afraid of (other)											
Not likely 1	2	3	4	5	6	7 Extremely likely					
	Not likely 1  I'm afraid of putting stra Not likely 1  I'm afraid of putting stra Not likely 1  I'm afraid that my loved Not likely 1  I'm afraid that I will do Not likely 1  I'm afraid of breaking do Not likely 1  I'm afraid of pushing my Not likely 1  I'm afraid of of coddling Not likely 1  I'm afraid of being blam Not likely 1  I'm afraid of being blam Not likely 1  I'm afraid of (other	Not likely 1 2  I'm afraid of putting strain on a Not likely 1 2  I'm afraid of putting strain on a Not likely 1 2  I'm afraid that my loved one was Not likely 1 2  I'm afraid that I will do/say so Not likely 1 2  I'm afraid of breaking down or Not likely 1 2  I'm afraid of pushing my loved Not likely 1 2  I'm afraid of of coddling my low Not likely 1 2  I'm afraid of being blamed or be Not likely 1 2  I'm afraid of being blamed or be Not likely 1 2  I'm afraid of (other)	Not likely 1 2 3  I'm afraid of putting strain on my coup Not likely 1 2 3  I'm afraid of putting strain on or losing Not likely 1 2 3  I'm afraid that my loved one will be seen Not likely 1 2 3  I'm afraid that I will do/say something Not likely 1 2 3  I'm afraid of breaking down or burning Not likely 1 2 3  I'm afraid of pushing my loved one "to Not likely 1 2 3  I'm afraid of of coddling my loved one Not likely 1 2 3  I'm afraid of being blamed or being to Not likely 1 2 3  I'm afraid of being blamed or being to Not likely 1 2 3  I'm afraid of (other)	Not likely 1 2 3 4  I'm afraid of putting strain on my couple related Not likely 1 2 3 4  I'm afraid of putting strain on or losing other Not likely 1 2 3 4  I'm afraid that my loved one will be seen as a Not likely 1 2 3 4  I'm afraid that I will do/say something I will to Not likely 1 2 3 4  I'm afraid of breaking down or burning out the Not likely 1 2 3 4  I'm afraid of pushing my loved one "too far" a Not likely 1 2 3 4  I'm afraid of of coddling my loved one and proposition of the Not likely 1 2 3 4  I'm afraid of being blamed or being to blame in Not likely 1 2 3 4  I'm afraid of being blamed or being to blame in Not likely 1 2 3 4  I'm afraid of (other)	Not likely 1 2 3 4 5  I'm afraid of putting strain on my couple relationship  Not likely 1 2 3 4 5  I'm afraid of putting strain on or losing other signific  Not likely 1 2 3 4 5  I'm afraid that my loved one will be seen as abnormath Not likely 1 2 3 4 5  I'm afraid that I will do/say something I will regret of Not likely 1 2 3 4 5  I'm afraid of breaking down or burning out throughout Not likely 1 2 3 4 5  I'm afraid of pushing my loved one "too far" and make Not likely 1 2 3 4 5  I'm afraid of of coddling my loved one and preventing Not likely 1 2 3 4 5  I'm afraid of being blamed or being to blame if it does Not likely 1 2 3 4 5  I'm afraid of being blamed or being to blame if it does Not likely 1 2 3 4 5  I'm afraid of (other)	Not likely 1 2 3 4 5 6  I'm afraid of putting strain on my couple relationship.  Not likely 1 2 3 4 5 6  I'm afraid of putting strain on or losing other significant relationship.  Not likely 1 2 3 4 5 6  I'm afraid that my loved one will be seen as abnormal or menter that I will do/say something I will regret out of fruction Not likely 1 2 3 4 5 6  I'm afraid of breaking down or burning out throughout the property Not likely 1 2 3 4 5 6  I'm afraid of pushing my loved one "too far" and making synth Not likely 1 2 3 4 5 6  I'm afraid of of coddling my loved one and preventing her/him Not likely 1 2 3 4 5 6  I'm afraid of being blamed or being to blame if it doesn't good Not likely 1 2 3 4 5 6					

## How likely are you to feel concerned about each of the following items when supporting the <u>emotional</u> recovery of your loved one?

1.	I'm afraid I will never be able to learn the skills - it's just not in me.										
	Not likely	1	2	3	4	5	6	7 Extremely likely			
2.	I don't believe her/his feelings are valid and so I don't want to reinforce them.										
	Not likely	1	2	3	4	5	6	7 Extremely likely			
3.	My own emotional emotionally.	al strugg	gles mal	ke it har	der to h	nave the	energy	to be there for her/him			
	Not likely	1	2	3	4	5	6	7 Extremely likely			
4.	I'm afraid to valid	late the	emotio	n and m	ake it w	vorse.					
	Not likely	1	2	3	4	5	6	7 Extremely likely			
5.	I'm afraid it will h	nurt too	much f	or them	/us to re	elive the	e pain fi	rom the past.			
	Not likely	1	2	3	4	5	6	7 Extremely likely			
6.	I will feel rejected	l if she/l	he shuts	s me do	wn, crit	icizes n	ne, or di	smisses my attempts.			
	Not likely	1	2	3	4	5	6	7 Extremely likely			
7.	I'm afraid that if I	validat	e her/hi	is feelin	gs, it w	ill feel l	like I an	n agreeing or giving in.			
	Not likely	1	2	3	4	5	6	7 Extremely likely			
8.	If I struggle or ma	ıke mist	akes, I'	m afrai	d I will	be to bl	ame an	d/or others will blame me.			
	Not likely	1	2	3	4	5	6	7 Extremely likely			
9.	I'm afraid that val	idating	her/his	emotio	ns will	lead her	him to	be too soft and co-dependent			
	Not likely	1	2	3	4	5	6	7 Extremely likely			
10.	0. I'm afraid of having to face my own past along the way.										
	Not likely	1	2	3	4	5	6	7 Extremely likely			
11.	I'm afraid of (o	other)									
	Not likely	1	2	3	4	5	6	7 Extremely likely			