

## 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?**

1. 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*

3. I'm afraid of putting strain on or losing other significant relationships (besides one's partner).

*Not likely ---- 1      2      3      4      5      6      7 ---- Extremely likely*

4. 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*

**How likely are you to feel concerned about each of the following items when supporting the emotional 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 struggles make it harder to have the energy to be there for her/him emotionally.

*Not likely ---- 1      2      3      4      5      6      7 ---- Extremely likely*

4. I'm afraid to validate the emotion and make it worse.

*Not likely ---- 1      2      3      4      5      6      7 ---- Extremely likely*

5. I'm afraid it will hurt too much for them/us to relive the pain from the past.

*Not likely ---- 1      2      3      4      5      6      7 ---- Extremely likely*

6. I will feel rejected if she/he shuts me down, criticizes me, or dismisses my attempts.

*Not likely ---- 1      2      3      4      5      6      7 ---- Extremely likely*

7. I'm afraid that if I validate her/his feelings, it will feel like I am agreeing or giving in.

*Not likely ---- 1      2      3      4      5      6      7 ---- Extremely likely*

8. If I struggle or make mistakes, I'm afraid I will be to blame and/or others will blame me.

*Not likely ---- 1      2      3      4      5      6      7 ---- Extremely likely*

9. I'm afraid that validating her/his emotions will lead her/him to be too soft and co-dependent.

*Not likely ---- 1      2      3      4      5      6      7 ---- Extremely likely*

10. 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 ... (other)

*Not likely ---- 1      2      3      4      5      6      7 ---- Extremely likely*