

WORKBOOK

“AM I AN INVISIBLE
CAREGIVER?”



www.lynettweldon.com

How Loving Someone With Addiction or Mental Illness Can Quietly Become Survival Mode — and What to Do About It

written by
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The Caregivers Coach



**“Am I an Invisible Caregiver?”
10 Signs You’ve Been Carrying
Everything — and How to Come Back to
You**

**A gentle guide for loved ones of
someone struggling with addiction
or mental illness**



**The Empowered
Caregivers Coach**

From Chaos to Clarity

Why This Matters

Dear You,

If you've found yourself here, it may be because you've been loving someone through deep mental or emotional pain — addiction, depression, trauma, or something that doesn't even have a name yet.

You've been showing up.

You've been holding it all together.

You've been managing the chaos, absorbing the pain, and keeping the peace.

But somewhere along the way, you lost you.

This guide is for the quiet caregivers. The ones no one sees. The ones who are tired of surviving. The ones who know — in their bones — it's time to come home to themselves again.

You're not selfish for needing support.

You're not broken for feeling tired.

And you're not alone anymore.

With love,

Lynette

10 Subtle Signs You've Become an Invisible Caregiver


- **I walk on eggshells to avoid triggering their emotions.**
- **I monitor their moods more than I notice my own.**
- **I feel responsible for keeping things "stable."**
- **I make excuses for them even when I'm hurting.**
- **I feel guilty when I put myself first.**
- **I've lost touch with my own needs or desires.**
- **I cancel things or isolate because I'm emotionally drained.**
- **I feel more like a parent or manager than a partner/sibling/friend.**
- **I fear what might happen if I stop helping.**
- **I feel invisible — like no one sees what I carry.**

 **If you checked 3 or more, you're not alone...
and this guide will help.**

The Emotional Cost of This Role

You may feel:

- **Constantly anxious or on edge**
- **Emotionally numb or disconnected**
- **Quick to anger, tears, or shutdown**
- **Deeply resentful... and then guilty for that resentment**
- **Like you're always holding your breath**
- **Like your peace depends on their behavior**
- **Like no one sees what it's costing you**

 **These are not flaws. They're responses to chronic emotional labor.**

The Hidden Physical + Mental Toll

7 Hidden Costs of Carrying It All:

- 1. Sleep disruption**
- 2. Chronic fatigue**
- 3. Digestive issues**
- 4. Headaches or body tension**
- 5. Social withdrawal**
- 6. Low libido or joy**
- 7. Increased illness or
burnout**

**✨ Your body always tells the
truth. Listen with
compassion.**

A 5-Minute Self-Care Check-In

Ask Yourself:

- **Did I drink water today — not just caffeine?**
- **Have I eaten something real, not just quick?**
- **Did I take even 5 minutes to move my body?**
- **Have I named how I feel — without judgment?**
- **Did I say “no” to something I didn’t have capacity for?**
- **Did I breathe deeply?**
- **Have I reached out to someone who sees me?**
- **Did I rest — without guilt?**
- **Have I spoken kindly to myself today?**
- **Did I do one thing just for me?**

✨ Self-care isn’t selfish. It’s how we survive with softness.

A Journaling Prompt to Begin Your Healing

**What have I been carrying that was
never mine to hold?**

**Free-write for 5–10 minutes. Don't filter.
Let the truth be soft and raw.**

**Then ask yourself:
What would it feel like to begin putting
it down — even a little?**

What to Do Next

You don't have to keep surviving.

You don't have to keep disappearing to love someone else.

**If this guide made you feel seen — even a little — you're ready for deeper healing.
That's why I created:**



From Chaos to Clarity

A 6-week journey for those who love someone struggling with addiction or mental illness — and are ready to stop losing themselves in the process.



If you are ready to hear more book a free strategy call today., no pressure to buy anything, Just a conversation to learn more..

<https://calendly.com/lynetteweldon/discoververy-call>

To Learn more about me:

**<https://livingtruecoaching.com/>
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