

Caregiver Traps Scale

We have found it is a very normal process for caregivers to struggle with concerns that surface while engaging in the tasks of support. How likely are you to feel concerned about each of the following items when supporting your loved one?

Please circle the appropriate number where 1 = *not likely* and 7 = *extremely likely*

1. I worry about being rejected by my loved one.	1	2	3	4	5	6	7
2. I worry about putting strain on my couple relationship.	1	2	3	4	5	6	7
3. I worry about alienating other family members or significant relationships (besides one's partner).	1	2	3	4	5	6	7
4. I worry that my loved one will be seen as abnormal or mentally ill.	1	2	3	4	5	6	7
5. I worry that my loved one will miss out on normal activities or special occasions.	1	2	3	4	5	6	7
6. I worry that I will do or say something I will regret out of frustration or anger.	1	2	3	4	5	6	7
7. I worry about being unable to follow through with interventions (e.g., in the face of resistance, due to time constraints).	1	2	3	4	5	6	7
8. I worry about causing suffering to my loved one or others.	1	2	3	4	5	6	7
9. I worry about breaking down or burning out throughout the process.	1	2	3	4	5	6	7
10. I worry about coddling my loved one and preventing them from becoming independent.	1	2	3	4	5	6	7
11. I worry about having to face my own past along the way.	1	2	3	4	5	6	7
12. I worry that my loved one's symptoms will shift (e.g., from cutting to substance use, etc.).	1	2	3	4	5	6	7
13. I worry about pushing my loved one "too far," leading to a worsening of symptoms, withdrawal, running away, or suicide, for example.	1	2	3	4	5	6	7
14. I worry about being blamed or being to blame if it doesn't go well.	1	2	3	4	5	6	7
15. Other:	1	2	3	4	5	6	7

When I am triggered, I am more likely to:

1.

2.

3.

