



Connection & Reassurance

Caregiving is relationship. These prompts offer gentle reflections on giving, receiving, and remembering that you're not alone.

- Who or what reminded me today that I don't have to do this alone?

- A moment I felt truly connected – either recently or in memory – was ...

- Who do I wish I could reach out to right now?

- What would I want to say or hear?

- How am I showing care for someone else today?

- How might I show some of that care to myself?

- What part of me is longing for reassurance?

If I could speak gently to that part, what would I say?

Journal Prompt: Connection & Reassurance

© Beth Sutherland

Author, *My Caregiving Companion:*
A Guided Journal for the Caregiving Journey

www.MyCaregivingCompanion.com

