

Finding Meaning

Challenging times bring about moments of reflection and self-evaluation. In these reflective moments, we consider our lives and choices more deeply and realize all that we have learned through the experience. While we wish that we never had to go through such experiences, we can also see that we have been changed through it, and in some ways, we may have changed for the better.

These difficult times can also raise new priorities and goals. Can you think of any ways that you have changed from the experience of caring for your loved one? Is there anything new that you learned or realized from this experience? It is also perfectly fine if you are not able to identify anything positive. Below are some examples:

- Have you done things or activities with your loved one that you otherwise wouldn't have done?
- Is there an appreciation for each other in a way or for life in a way that wasn't there before?
- Do you have more time to talk about your kids or other topics?
- Are you thankful that you have each other?
- Have your priorities or focuses shifted in a way that is beneficial?
- Have you taken on a new goal?
- Are there things that you learned about yourself or your abilities in this caregiving role?
- Is there a legacy in your life or your partner's life that you have come to understand or appreciate?
- Have you explored gratitude or openness?