

Worksheet 3: Emotional Care Training for Caregivers

- 1. How do you prefer caregivers to communicate with you about your feelings?**

- 2. What makes you feel emotionally supported by your caregiver?**

- 3. Have you ever shared your emotional needs with a caregiver? How did they respond?**

- 4. What could caregivers do better to recognize and respect your emotions?**

- 5. How comfortable are you discussing sensitive topics with your caregivers?**
