

# Reflection Questions

## Transitioning Into a Season of Caregiving

Anchor Phrase: In this season, priorities are shifting.

[www.thenegativespace.life](http://www.thenegativespace.life)

### Take a moment to reflect.

Think back to before your loved one's diagnosis or injury. What were some of the top priorities that you and/or your family held at that time?

What priorities are new since the diagnosis or injury?

Are there things that no longer are or need to be priorities now that you are in this season? What are they?

What feelings do you have about not prioritizing those things in this season?

As you make decisions about what should stay and what can be paused in this season, what values or guiding principles can you refer to?