
RAW: A Reflection for Care Partners

A quiet space to notice what's there for you.

R — Real

What is true for me right now?

- What am I feeling... really?
- What feels heavy, even if I haven't said it out loud?
- Where do I notice this in my body or my thoughts?

A — Authentic

What matters to me in this relationship?

- Why am I doing this?
- What feels aligned with who I am?
- What has been harder than I expected?

W — Willing

What am I open to, even just a little?

- Am I willing to sit with what I'm feeling, instead of pushing it away?
- What might support me right now?
- What would help me continue... and still feel like myself?

*We spend so much time learning how to validate the person we're caring for.
This is a moment to offer that same understanding to yourself.*
