

The Shadow Side of Caregiving

Consider: *Do you see yourself in any of these “types”? If you had a tendency in one unhealthy direction, which one would it be? What has helped you become self-aware and better manage unhealthy tendencies?*

Hero/Rescuer

- Endless resources of compassion and generosity
- The only one who can help
- Long hours of caretaking
- It is their identity
- Crave acknowledgment

The Martyr

- Late stage, burned-out hero
- Make it impossible for anyone to help
- From fatigue to resentment
- Helping when help isn't needed

The Parent

- Intrusive
- Controlling, micro-managing
- Patronizing, treats dying person as though he/she is incompetent
- Tells others what to do

The Expert

- Behaving in a clinical manner
- Hiding behind the role
- Distancing self, protecting self
- Treating others as objects

The Priest

- Spiritually inflated
- Emotional high from suffering of others
- We alone have all the answers
- Knows what is spiritually right for the dying person
- Lofty-sounding advice
- Pushing for a “good death”