

GUIDE SHEET #9

DOG'S NAME: _____ TODAY'S DATE: _____

How Is Caring for My Dear Dog Affecting Me?

INSTRUCTIONS: To help you think about how your Dear Dog's illness might be affecting you and your family, circle **YES** or **NO** for each of the following and then answer the questions below:

YES NO **Are the demands of caring for my dog draining me emotionally?**

Am I "out of it" much of the time? Weepy or despondent? Shut down, distant and detached from people and activities I usually care about? Irritable and snippy with others? Am I anxious, in a constant state of stress and worry?

YES NO **Are my dog caregiving duties wearing me down physically?**

Am I tired most of time? Am I getting sick more often? Experiencing headaches? Upset stomach? Or other stress-related physical ailments?

YES NO **Are the financial costs of veterinary care more than I can afford?**

Have I exceeded my "budget" for my pet's care? Am I going into debt or not covering basic bills or spending money earmarked for other things? Are family members and I disagreeing about how much money to spend treating and/or caring for our dog?

YES NO **Is my caregiving straining my social relationships with friends and family?**

Am I so busy caregiving that I no longer spend time with friends or loved ones? Am I stuck at home, only leaving for work, school, groceries and vet visits? Do I feel lonely? Am I fighting with family about veterinary treatments, including euthanasia?

Circle the areas of your life affected by caregiving:

EMOTIONAL

PHYSICAL

FINANCIAL

SOCIAL

What can you do today to take care of yourself, even if it's just for five minutes?
