



CAREGIVERS WRITING PROMPTS

- Write about when you first learned your loved one had cancer. What emotions were present? What changed?
- Write about a specific moment you can recall from being a caregiver. It can be an interaction between you and a nurse, it can be the first time you spoke to another caregiver, the first time joining a support group, etc.
- Write about the feeling you had right before the first treatment.
- Write about someone or something that you leaned on for support. How did they help you get through that specific moment?
- Write a letter of encouragement to other caregivers. What would you say?
- Write about the first experience of side effects your spouse, or loved one had from treatment. What was it like to watch your loved one go through those side effects?