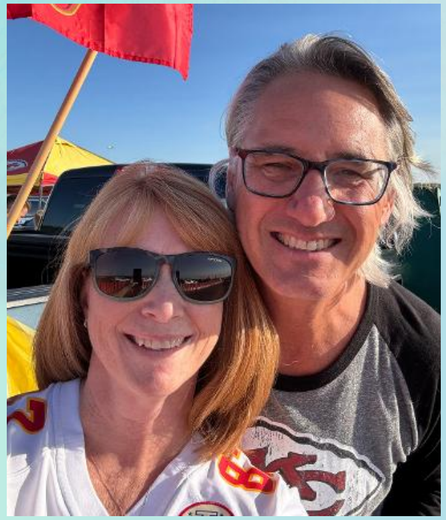
THE RESENTMENT NO ONE TALKS ABOUT (BUT EVERYONE FEELS)

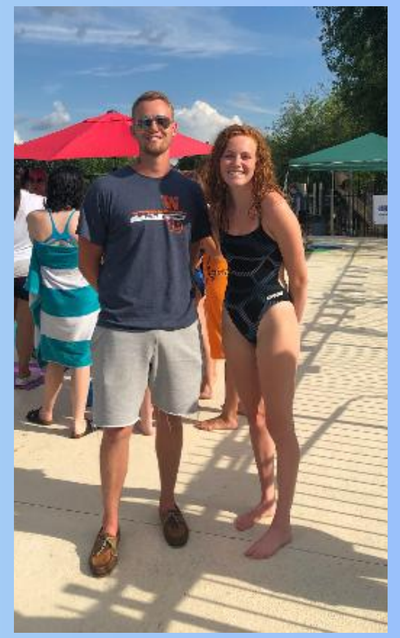
Stephanie Morris, LCSW, LSCSW
Social Worker • Therapist• Caregiver

MY WHY.....





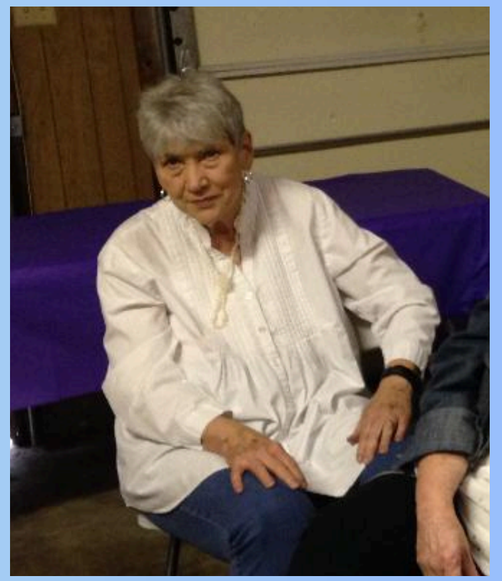












Think of the person you love who brought you here today.
Don't say their name.
Just picture their face.



LETS TELL THE TRUTH.....



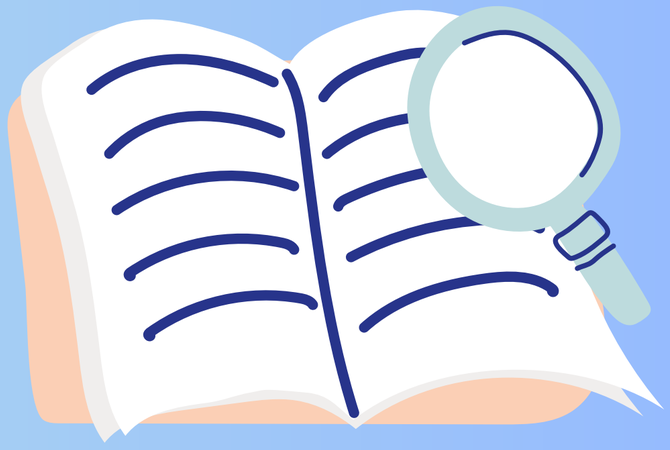
Raise your hand if you have ever been told caregiving is rewarding

One of the hardest emotions is the one almost no one gives us permission to talk about....

RESENTMENT

ACCORDING TO WEBSTER'S DICTIONARY:

RESENTMENT IS A LINGERING FEELING OF ANGER, BITTERNESS, OR DISPLEASURE CAUSED BY A PERCEIVED WRONG, INSULT, OR UNFAIR TREATMENT.



RESENTMENT ISN'T THE PROBLEM



it is the smoke alarm

WHAT RESENTMENT REALLY iS....

Unmet needs

Lack of choice

Feeling alone

Loss of Identity

Grief

Exhaustion

"ROLE CAPTIVITY"

Feeling trapped in a role you did not chose- or one that has grown beyond what you expected.

You can love the person...
and resent the role.
Those are not the same thing



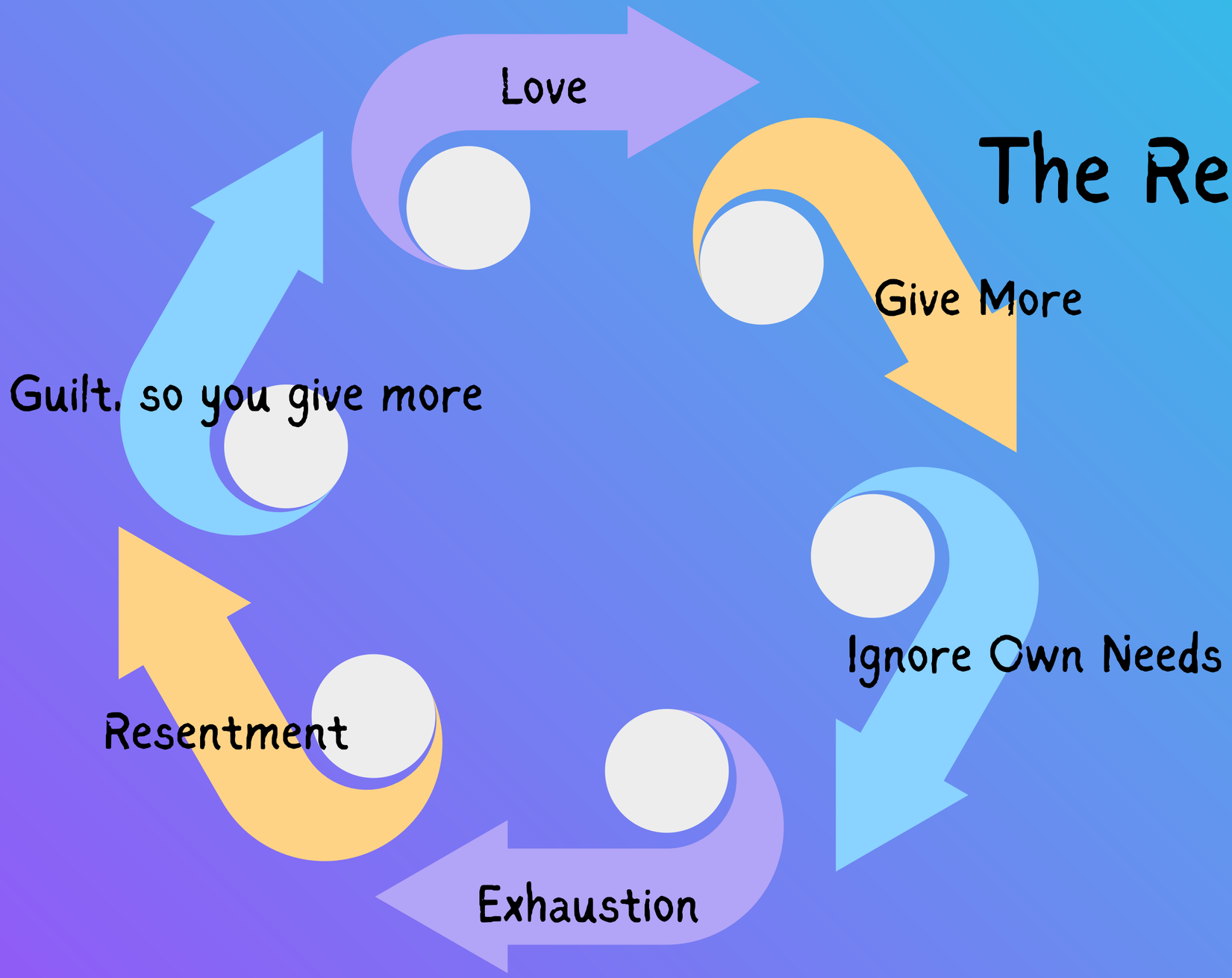
*Research on caregiving has specifically identified role captivity as a secondary stressor associated with caregiver stress. The APA describes it as unwanted participation in the caregiving role that can contribute to frustration and depression.



The Sandwich

Competing role demands- limited time, energy and resources being pulled across multiple roles.

The Resentment Cycle



Where are you in the cycle?

What makes RESENTMENT grow?



How long we've been caregiving • How much care is needed • Feeling trapped or conflicted in the role • The support we have

It's not just the amount of care—it's everything surrounding it.

Instead of :"How do I get rid of this resentment?"

Change to: "What needs to change?"

"Sometimes the answer isn't giving up caregiving.
Sometimes the answer is changing the way caregiving is happening."



If my resentment could speak, what would it ask for?



THE QUESTION CHANGES.

Instead of:

"Why am I so resentful?"

Ask:

"What is my resentment trying to tell me?"

Then your existing question:

"If my resentment could speak. what would it ask for?"

.

"I need help."

"I need a break."

"I miss my old life."

"I'm scared."

"I'm angry that this is happening."

"I don't want to be the only one responsible."

"I need someone to notice I'm struggling."

"I need permission to say no."



THE 3-STEP RESET

1. NOTICE

"I'm feeling resentful."

2. GET CURIOUS

"What is this feeling trying to tell me I need?"

3. RESPOND

"What's one small thing I can do about that need?"

WHAT HELPS

- Name the feeling without judgment
- Ask. "What need is this resentment pointing to?"
- Lower impossible expectations
- Accept help before a crisis
- Build tiny moments of restoration (5 minutes counts)
- Talk to someone safe
- Practice self compassion

YOU ARE ALLOWED TO:

Love them.

Be tired.

Need help.

Feel angry.

Miss your old life.

Set limits.

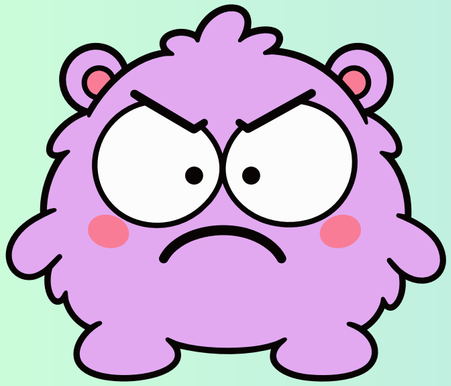
Want something for yourself.

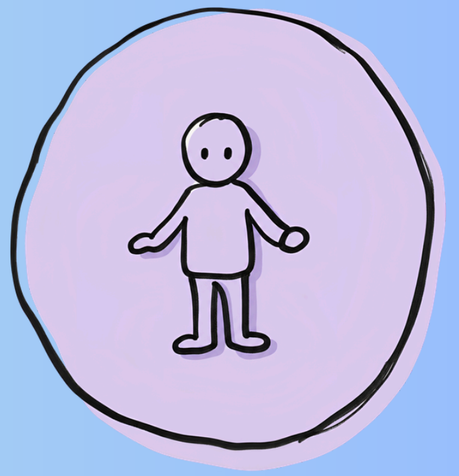












"Caregiving doesn't erase the rest of who you are."

The goal isn't to become a caregiver who never feels resentment.

The goal is to become a caregiver who notices it early enough to respond with compassion instead of shame.
You can love someone with your whole heart...
and still wish things were different.
Those two truths can exist together.



I CAN LOVE SOMEONE
WITH MY WHOLE HEART
AND
STILL WISH
THINGS WERE DIFFERENT



YOU DON'T HAVE TO CARRY IT ALONE

SandwichedKC

Caregiver support + local resources

Area Agency on Aging

Respite • transportation • meals • in-home services

Alzheimer's Association

Care consultation • support groups • helpline

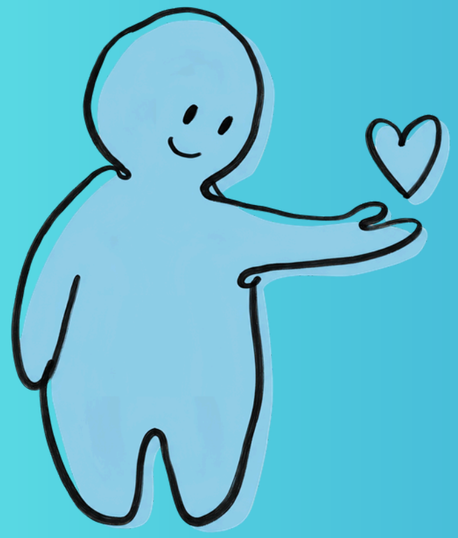
VA Caregiver Support

Education + support for eligible caregivers



And...

Talk to someone before you are burned out.



BE KIND TO YOURSELF

You can love someone deeply
and still wish things were different.

"Thank you"



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