

SOAR Educational and Mental Health Therapy

Self-as-Context: Expanding Beyond the Caregiver Role

This worksheet is designed to help you gently explore the difference between who you are and the roles you have been carrying—especially the role of caring for others and holding everything together.

1. Noticing the Caregiver Role

Take a moment to reflect:

- 1 When do I feel most responsible for others?
- 2 What do I tell myself about what I “have to” do?
- 3 How strong does this role feel (0–10)?

2. Shifting Language (Creating Space)

Try this shift:

- 1 “I have to hold everything together”
- 2 → “I’m noticing the thought that I have to hold everything together”

What changes when you say it this way?

3. Roles vs. You

List the roles you play:

- 1 Caregiver
- 2 Problem-solver
- 3 Stabilizer
- 4 Other roles: _____

Now reflect:

- 1 Who is the you that has been doing all of these roles?
- 2 If these roles changed, what would still be you?

4. Expanding Identity

Gently consider:

- 1 If I didn’t have to take care of everyone, who would I be?
- 2 What feels uncomfortable about that question?
- 3 What other parts of me might exist?

5. Observing Yourself

Pause and notice:

- 1 What am I thinking right now?
- 2 What am I feeling?
- 3 Who is noticing all of this?

That noticing part of you does not need to fix anything in this moment.

6. Reflection

- 1 What stood out to me from this exercise?
- 2 What felt new or different?
- 3 What is one small thing I want to practice this week?

You are not just the roles you carry. You are the one who has been carrying them—and you have the capacity to choose how you respond moving forward.

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