

## **THYCA Conference 2025: Caregiver Sessions**

### **FROM ICE WATER TO INSIGHT: A CAREGIVER STORY CIRCLE**

#### Session Discussion Questions

**Question #1** - What is one thing you wish you knew before becoming a caregiver? What would you go back in time to tell yourself?

**Question #2** - What part of your caregiving is the most stressful?

**Question #3** - What is one thing you do for yourself when caring for yourself feels difficult?

**Question #4** - Imagine yourself in High school or a young adult and you're going to do the thing that made you the happiest. What is that thing?

**Question #5** - Can you share a moment you were braver than you thought you could ever be?

**Question #6** - Is there something you used to do with your loved one that you wish you could do with them again?