1. Denial about the disease and its effects on the person who’s been diagnosed. “I know Mom is going to get better.”

2. Anger at your loved one or others, or that no effective treatments or cures currently exist and that people don’t understand what’s going on. “If he asks me that question one more time, I’ll scream.”

3. Social withdrawal from friends and activities that once brought pleasure. “I don’t care about getting together with the neighbors anymore.”

4. Anxiety about facing another day and what the future holds. “What happens when he needs more care than I can provide?”

5. Depression begins to affect your ability to cope. “I don’t care anymore.”

6. Exhaustion makes it nearly impossible to do necessary daily tasks. “I’m too tired for this.”

7. Sleeplessness caused by a never-ending list of concerns. “What if she wanders out of the house or falls and hurts herself?”

8. Irritability leads to moodiness and triggers negative responses and reactions. “Leave me alone!”

9. Lack of concentration makes it difficult to perform familiar tasks. “I was so busy, I forgot we had an appointment.”

10. Health problems begin to take their toll, both mentally and physically. “I can’t remember the last time I felt good.”

Courtesy of: Duke Family Support Program