My Loved One Has a Serious Illness

My loved one is my:

The illness is:

Some questions I have about the illness are:

My life has changed in these ways since the illness:
Some things that I can't do with my loved one since the illness are:

Things that I can do to keep myself physically and mentally healthy are:

Some of my worries are:

This is how I feel today (circle as many as you want):

- Sad
- Happy
- Unsure
- Nervous
- Frustrated