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MFT 603/ RP 10

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1. *You can both be a good caregiving husband and take care of yourself. Paradoxically, taking time off is a gift to your ill wife; she will have a happier and healthier caregiver and husband.* –I feel guilty easily when others I know well are in trouble, but I have a happy time. This concept above, like caring for sick ones and I is ideal, but it is not easy to apply to real life. Also, I would feel disappointed if my husband had a good time when I was sick.
2. *Anticipatory grief –one of the difficulties in too long a period of anticipatory grief is that someone may withdraw emotionally too soon, long before the person has died, and this can make for an awkward relationship.* I am applying this anticipatory death to my immediate family members. I don't withdraw emotionally intensely, but I keep thinking that I should not depend on them emotionally and physically. I should be independent and other family members too. It doesn't mean not to love each other. It is love for encouraging each other to be independent beings.
3. *Adults in midlife are at a crossroads with these gains and losses, growth and decline, and life and death.* – I am 47 years old, and my life started to feel like midlife. I agreed with many parts of this chapter and expected my life after 50. As I am old, I am gaining many experiences and understanding about people and life, but at the same time, I am losing my physical functions little by little. Sometimes it is unhappy, but I accept this is life.