Caretaking vs. Caregiving

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| **CARETAKING (UNHEALTHY)** | **CAREGIVING (HEALTHY)** |
| Caretaking feels stressful, exhausting, and frustrating | Caregiving feels ‘right’ and feels like love; it re-energizes and inspires you |
| Crosses boundaries | Honors boundaries |
| Takes from the recipient or gives with strings attached | Gives freely |
| Doesn’t practice self-care because they mistakenly believe it is a selfish act | Practices self-care unabashedly because they know that keeping themselves happy enables them to be of service to others |
| Worries instead of taking action | Takes action and solves problems |
| Thinks they know what’s best for others | Only knows what is best for themselves |
| Doesn’t trust others’ abilities to care for themselves | Trusts others enough to allow them to activate their own inner guidance and problem-solving capabilities |
| Creates anxiety and depression in others | Decreases anxiety and depression in others |
| Tends to attract needy people | Tends to attract healthy people |
| Tends to be judgmental | Doesn’t see the logic in judging others and practices a “live and let live attitude” |
| Starts fixing when a problem arises for someone else | Empathizes fully and lets the other person know they are not alone and lovingly asks, “what are you going to do about that” |
| Starts fixing someone else’s problem without being asking to do so | Respectfully waits to be asked to help |
| Tends to be dramatic in their caretaking and focuses on the problem rather than the solution | Creates dramatic results by focusing on solutions |
| Uses the word “you” a lot | Says “I” more |