The Strength It Takes to Care [1]

I once believed that being strong meant having the answers.
That love meant being able to protect those closest to me.
That if I worked hard enough, I could make things better.
But caregiving has taught me something different.
I cannot always fix what is broken.
I cannot always relieve another person's suffering.
I cannot always make tomorrow less uncertain.
Some days I am patient, and some days I am not.
Some days I feel grateful, and other days I feel overwhelmed.
I am learning that strength is not the absence of fear.
Courage sometimes means admitting that I am afraid.
Love sometimes means simply remaining present.
And it does not mean carrying everything alone.
Perhaps my greatest strength is learning to be human.
To give what I can, to accept what I cannot change,
And to allow others to care for me, too.

Storytelling in a small group or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to the next question and so forth. A person can pass.

1. How has caregiving changed your understanding of what it means to be a strong person?
2. Can you share a time when you felt helpless because you couldn't fix something for the person you love?
3. When have you allowed yourself to be vulnerable with someone else?
4. What burden are you carrying that you wish someone could help you carry?

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[1] Quote and prompts created by ChatGPT - Oct.14, 2026