



Do you feel less affinity than before with the people you love?

Are the changes you've undergone in your role as caregiver bringing relational transformations in your life?

With this tool, we invite you to ask yourself about your emotional relationships and how they are being satisfied.

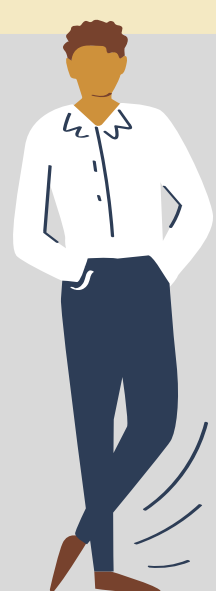
Affection is characterized by the emotions we feel towards those around us to whom we are attached. It is one of the fundamental needs of human beings. When a relationship develops and a person becomes important to us, we feel a connection, a sense of belonging and reciprocity towards them.



We have many different kinds of relationships in our lives, and there are different ways of living and expressing affection depending on the relationship: parents, spouses, children, friends, pets, and so on. For each of these relationships, we share a particular connection.

In caregiving, various factors can make the connection we feel with the person we're helping and/or with those around us no longer the same as it used to be. For example :

- bodily changes;
- illness;
- loss of spontaneity;
- fear of hurting others (physically and emotionally)
- relational and communication difficulties;
- feelings of guilt and rejection;
- relationship transformation;
- changing roles in the caregiver/care receiver dynamic



These factors can lead to an alteration or loss of the emotional connection.



"Since I've been taking care of my mother, I no longer have the same freedom for family getaways. I now have to plan everything."

"I feel guilty for not wanting the same closeness as my loved one. I have no energy and I don't know how to go about it."

When one of our needs is not met, it creates an imbalance. Certain signs can indicate this, such as sadness, a feeling of loneliness or a drop in self-esteem.

Although you may feel disconnected, it's possible to reconnect with your loved ones. Here are a few suggestions :



by finding
new ways to
communicate;



by
remembering
how important
the other
person is in
our lives;



by giving
greater priority
to the
relationship
than to the
various forms
of care we
provide;



by naming
our needs
and
emotions;



by setting
aside specific
moments to
nurture the
relationship;

etc.

And what about you?

Physical
touch (hug)

Handwritten
notes

Cooking good
meals



- How do you show your affection?
- What attitude, words or phrases show that you care about others?
- What makes you feel important?
- How do you appreciate receiving affection?
- What gesture(s), word(s) or moment(s) move you?

Spend quality
time

Offer
something to
please

Give
compliments

It's possible that previously appreciated signs of affection, such as hugs, become unpleasant to receive, as in the case of physical pain. It's important to discuss possible adaptations with the person concerned, in order to meet the need and ensure that it remains a pleasant moment for all concerned.

Despite all your efforts to meet your emotional needs or those of your loved one, it may become difficult to do so, or the current may be blocked. At such times, you can turn to other people around you whom you trust and who may be able to help. Bear in mind that affection cannot be forced, whether it's to receive it or to give it. It must be reciprocated

“Every morning, I take the time to prepare my partner's coffee, even though I don't drink any myself.”

Our great Quebec singer Ginette Reno sang so beautifully of the importance of affectivity in our lives with the magnificent song L'essentiel. L'essentiel, c'est d'être aimé. The rest doesn't matter, the only truth is to count for someone no matter what..."

