Please read these instructions first

On the following pages you will find some comments made by carers about their experiences and relationships with their partners.

Please read each statement carefully and decide whether it applies to you and your caring situation at the moment.

If it does apply to you, tick the box marked True
If it does not apply to you, please tick the box marked Not True.
Please read each statement carefully and decide whether it applies to you and your caring situation *at the moment*.

1. I never have time to sit down  
   - True ☐  
   - Not True ☐

2. I often get irritable  
   - True ☐  
   - Not True ☐

3. Organising shopping is very difficult  
   - True ☐  
   - Not True ☐

4. There is no conversation between us  
   - True ☐  
   - Not True ☐

5. I have little freedom to do what I want to do  
   - True ☐  
   - Not True ☐

6. This situation wears me down  
   - True ☐  
   - Not True ☐