

How to Tell When You Are Too Involved

You are too involved when you notice one or more of the following things happening:

- You find yourself feeling possessive of your friend.
- You find yourself dreaming of your friend and wake up with him/her on your mind in a troubled way.
- You are unable to get him/her off your mind.
- You are distracted at home and find yourself wanting to talk about your friend a lot of the time.
- You realize you are losing patience with those people who tell you their troubles when, you think, they have no problems compared to your friend.
- You find yourself saying “That could be me,” often followed by increased attempts to convince yourself that your friend will get well.
- You identify strongly with your friend’s age, family status, disease, etc. to the point that you are dwelling on them.

Relief for Over-involvement

- Speak to the JFS Volunteer Coordinator.
- Take time off – do not visit your friend for a while.
- Talk about it – raising it to the conscious level.
- Knowing when you are getting close to reaching your limits and work on accepting them; be able to say, “I know I can’t work with X because I have trouble dealing with this kind of situation.”
- Remember, YOU ARE NOT ALONE. We must try to be ready to listen to what is going on inside of us. Support is on the way.