As a Caretaker, you give and invest money to express compassion and generosity, emotions which were very likely stirred in you by seeing or reading about suffering. This can sometimes lead to enabling behaviors sometimes, but your desire to alleviate suffering and help others succeed is admirable. You’re more likely than most other archetypes to make charitable contributions or to help family and friends. The question is, do you care for yourself as well as you do for others?

Today, turn your compassion and generosity towards yourself, perhaps by making sure your own needs for security, enjoyment, or acknowledgment are being cultivated.

You're probably a Caretaker if one or more of the following is true:

- You seem to feel empathy and compassion quite viscerally, perhaps more so than most people around you.
- You have a hard time saying "No" to some person or people.
- You envision a future where there’s less suffering and more happiness.
- You have difficulty resisting your generous impulses.

Learn how you can maximize the effectiveness of your generosity.

Schedule a Call
Caretakers are so accustomed to being with others that they often don't allow themselves time alone—time when they are not needed by anyone else. Create a daily habit of carving out time for yourself to enjoy the pleasure of your own company, even if only for five minutes at first. You may decide to take a solitary walk, or go for a drive and listen to music. If you're at someone else's party or house, try not to be one of the more helpful people there—doing the dishes, refreshing drinks, tidying up, or whatever form your care usually takes. Allow yourself to be in relationship without being needed.

Regardless of the activity, allow and notice your feelings. You may experience the fear of loneliness or helplessness, or you may experience simple joy. When fears or anxieties do arise, focus on your breathing and try to notice what's on the other side of the fear. Or if you are feeling good, bask in that and carry it into your next caretaker activity.