

Relationships Reflect and Act Worksheet

Reflect on relationships you have with other people in your life: your family, friends, your spouse or partner, your co-workers, etc. Use this worksheet to help focus on how these relationships have been affected by raising a child with special health care needs.

What are some positive ways in which relationships in your life have been affected?

Pick one relationship in your life that has been strained:

How has it been strained?

What strategy do you think may be helpful for managing this strained relationship?

Describe 2 or 3 steps you need to do to implement this strategy:

After you've tried it – how did it work? Is there anything you would change about it to make it easier to do?



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