



Self-Care Worksheet

Consider a challenging interaction or experience you have had in the past few weeks with your child or in another relationship

Briefly describe the situation: _____

What do you remember *feeling*? _____
What do you remember *thinking*? _____
What do you remember *doing*? _____
What happened in your *body*? _____

When you think about that situation now, what comes up for you?
(Thoughts, feelings, body sensations, action urges)

Is there something about this situation that's particularly hard for you, and that might come up at other times? If so, what is it?
(Consider.....specific behaviors, your own state – i.e., being tired, reminders of previous experiences, etc.).

Are any of your reactions ones that are “typical” when you are feeling stressed or upset? Which ones? _____

Look at the previous two questions, and circle anything that might be a “clue” for you in future situations. These elements (whether in situations, or in your own reactions) are the cues that you might need to do something to take care of yourself.

Now.....think about this type of situation. What is / are your *immediate* goal(s)? (Consider....to keep calm, to stay present, to be able to express yourself, to get through until the situation is over, etc.) _____

Given those goals and the realities of the situation, brainstorm a few possible coping strategies. These may be:

- *Advance preparation*, or something you do before entering the situation (i.e., mental rehearsal, relaxation strategies, seeking support);
- “*In-the-pocket*” strategies, or something you do *in* the situation (i.e., deep breathing, muscle relaxation, self-mantra);
- “*Recovery*” strategies, or something you do *after* the situation (i.e., reaching out, enjoyable activities, taking down time);
- *Ongoing self-care*

Write at least 2-3 possibilities down:
