

# My Changing Family

## What to Know

Life is full of change - big changes and little changes, positive and sometimes negative changes. Change is always present in life, but maybe your family has recently experienced a really upsetting change. Change can be hard, and you might be having a tough time. Here are some tips to deal with change.

- Talk about the change and ask questions.
- Keep in mind that every time you experience change, you'll become stronger and more prepared for the next one.
- Talk about your worries and fears with someone you trust.
- It's OK to feel angry, sad, or scared - and to express those feelings without feeling bad.
- Write or draw about your feelings around this change.
- Try to get enough sleep and eat lots of healthy foods.
- Get outside, play, be silly, and remember to have fun.

This worksheet will help you write about the recent changes in your family.

## What to Do

Answer the following questions.

Members in my family that live with me:

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My family is different now because:

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My family is different from other families because:

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When I think about my family I feel:

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In the past I got through change by:

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Things I **don't** like about the changes in my family:

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Things I **do** like about the changes in my family:

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When I think about the changes in my family, I feel:

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Something I would change about my family:

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Things my family does for fun:

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My favorite memory of my family:

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The biggest worry I have about my family:

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The strictest person in my family when it comes to rules: \_\_\_\_\_

The person I trust most in my family: \_\_\_\_\_

My hope for my family is:

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If I could make one wish for my family, it would be:

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Answer yes or no to the following statements about your family.

\_\_\_\_\_ We sit together and talk.

\_\_\_\_\_ We spend time together doing fun activities.

\_\_\_\_\_ We all give each other emotional support.

\_\_\_\_\_ I know there is always someone in my family I can talk to.

\_\_\_\_\_ I'm allowed to talk about my feelings and fears with my family.

\_\_\_\_\_ I feel emotionally supported by my parents or caregivers.

\_\_\_\_\_ Family members take out emotions like anger, frustration, or sadness on other family members.

Draw a picture of your family.

