

FAMILY ROLES

Roles and Responsibilities

Instructions: Use this worksheet to help family members practice and strengthen their relationships. Each member should take turns answering the questions and discussing their responses.

1

Identifying Roles

What role do you feel you play in the family (e.g., caregiver, peacemaker, leader)?

Your Answer: _____

How do you think others see your role in the family?

Your Answer: _____

2

Responsibilities

What are your main responsibilities within the family?

Your Answer: _____

Are there any responsibilities you feel are unfair or burdensome?

Your Answer: _____

3

Role Impact

How does your role affect your relationships with other family members?

Your Answer: _____

How does your role impact your personal well-being?

Your Answer: _____

4

Role Adjustment

Are there any changes you would like to make to your role or responsibilities?

Your Answer: _____

How can the family support these changes?

Your Answer: _____

5

Collective Responsibilities

Exercise: List and discuss the responsibilities that each family member has.

Family Member A: _____

Family Member B: _____

Family Member C: _____

Family Member D: _____

Family Member E: _____

Reflection: After completing the worksheet, discuss as a family what you learned and how roles and responsibilities can be balanced more fairly.