

Family Roles Take Action

Something I learned today that made a difference: _____

I commit to try the following strategy: _____

Some other strategies I can try:

- I will complete the Family Roles Worksheet and examine the necessary role changes deployment has brought to me.
- I will identify three roles I will be assuming during deployment.
- I will identify three people I can ask for help if I need assistance in carrying out these roles.

Record the outcomes or experience of my actions: _____

Signed _____ Date _____



*“The bond that links your true family is not one of blood, but of respect
and joy in each other’s life.” – Richard Bach*