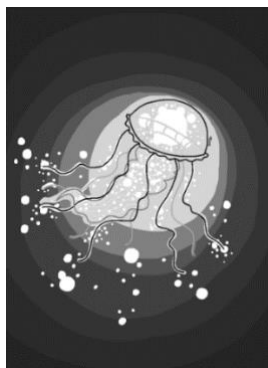


Caregiver Styles Self-Reflection Tool

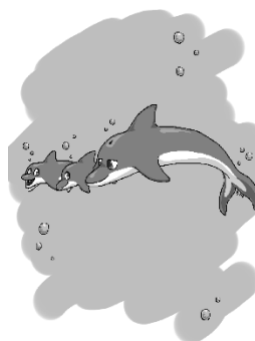
- In times of stress, are you more like a jellyfish (a bit transparent or wobbly) or an ostrich (head in the sand at times) in terms of your responsivity to your loved one's emotion?



- In times of stress, are you more like a kangaroo (on the overprotective side) or a rhino (can be pushy, directive at times) in terms of your caregiving style?



- How do they influence your co-parent/caregiver with respect to their animal models, if applicable?
- What steps can you take to become more like the St. Bernard (calm & connected) around emotion and/or the Dolphin (leading & following) around caregiving?



- What blocks could be helpful to explore in order for change to occur?

Adapted from the work of Dr. Janet Treasure and colleagues
Artwork: Maya Partrick

