

WORKSHEET 2



Focusing on My Child

Use this worksheet after you have completed the Problem/No Problem checklists (pages 17-22). If you have identified problems, you can get help from the **Resources** on page 62.

1. How well is my child handling the issues that are listed for his/her age group?
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2. If my child could change things about our situation (except getting me back with my ex-partner) what would they be?
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3. His/her behaviour changes that are a problem:
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4. I plan to help my child deal with these problems by:
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5. If I need more help to deal with these problems, I will ask for help from:
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Contract with Myself

I will review this worksheet in _____ months and make note of what I have done to deal with the problems above.