

## WORKSHEET 11.3: ROLE CHANGES

Having a baby can be both a joyous and stressful occasion. Having a baby can change the way you feel about yourself. Becoming a mother (for the first time or again) is a new role and can affect your mood.

### **A Reality Management Approach:**

How can you mold your reality now that your role has changed? To build a healthy new reality, you can use your thoughts, behaviors, and contacts with others.

1. Thoughts: What are your thoughts about these changes? (Helpful and Harmful)

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2. Behaviors: What can you do to adapt to these life changes?

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3. People: Who can help you adapt to these life changes?

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