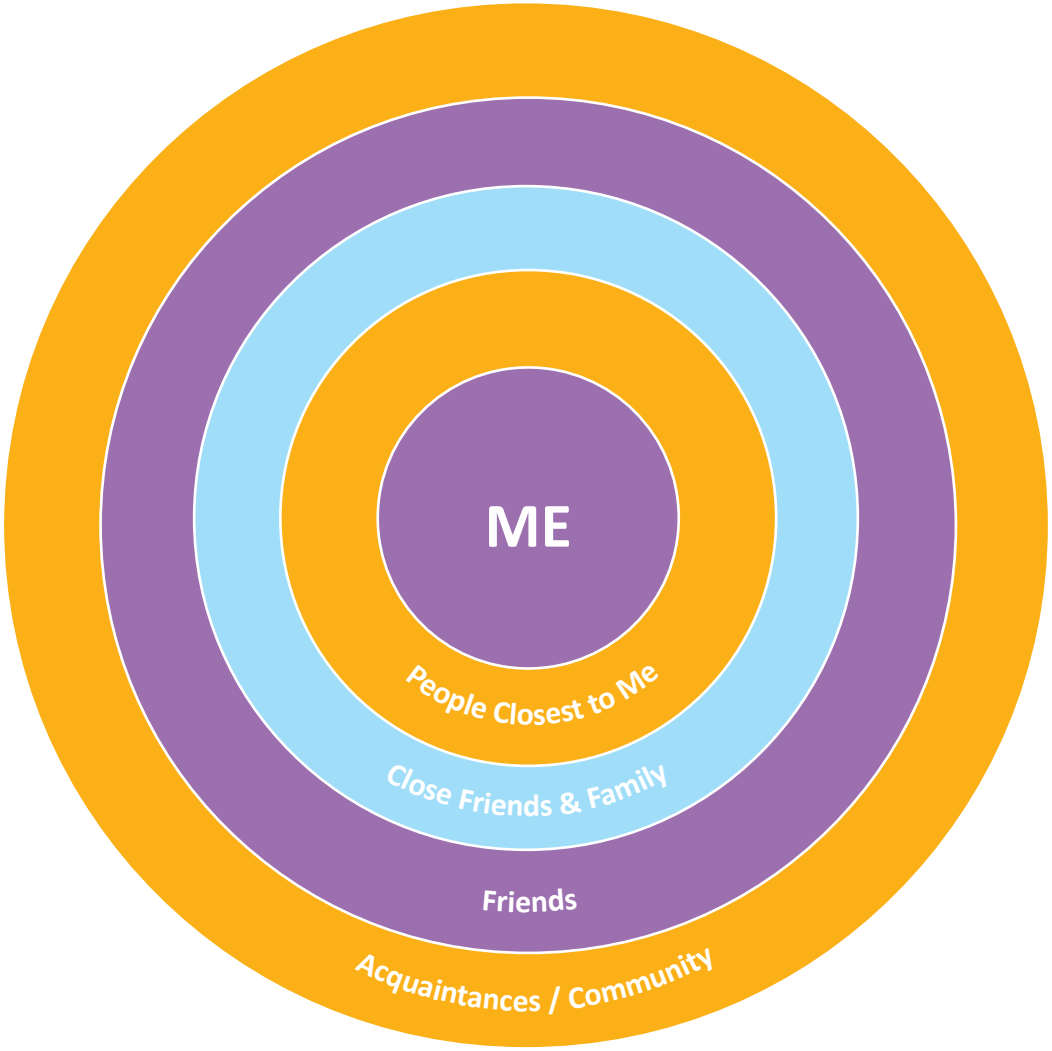
WORKSHEET 8.1:
THE PEOPLE IN MY LIFE



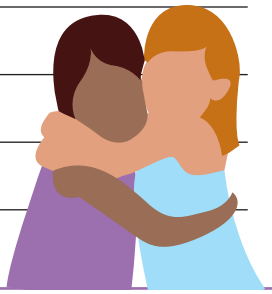
Instructions: Write the names of people who are part of your support system in the circle that best describes your relationship with them.

- People Closest to Me: are people whom you can share your most private thoughts and feelings with
- Close Friends & Family: are people you feel you can talk to but maybe not about everything
- Friends: are people who you enjoy doing things with (like going to the movies) even though you don't share personal details about your life with them
- Acquaintances: are people you see whom you nod or say hi to

WORKSHEET 8.2:
PEOPLE IN MY LIFE AND THE WAYS THEY SUPPORT ME

Instructions:

Each square below represents a different type of support that people can give you. Think about the people in your life who fit into each square and write their names there. The same person can be written in more than one square.

PRACTICAL SUPPORT	ADVICE OR INFORMATION
Whom will you ask to: • drive you to the hospital? • call to lend you something you need? _____ _____ _____ _____ 	Whom will you ask for advice / information: • when you don't feel well? • when you don't understand how to do something? _____ _____ _____ _____
COMPANIONSHIP	**EMOTIONAL SUPPORT**
Whom will: • walk around the park with you? • spend the afternoon with you? _____ _____ _____ _____	Whom will you look to: • for encouragement? • for understanding? • for help when you're feeling down? _____ _____ _____ _____ 

WORKSHEET 8.3:
ROLE CHANGES AND DISAGREEMENTS

Becoming a mother (for the first time or again) is a role change that can affect your mood and your relationships.

1. **Thoughts:** What are your thoughts about your role change? (Helpful and unhelpful)

2. **Behaviors:** What can you do to adapt to this role change?

3. **People:** Who can help you adapt to this role change?

Having a baby can change your relationships with other people. Have you noticed any problems with another person that may affect your mood or stress level?

Feelings: What are your feelings about this person?

Thoughts: Think about conflict(s) you had with this person over the past week.
- How does the conflict affect the way you view yourself?
- How does the conflict affect the way you view the other person?
- How does the conflict affect the way you view the world?

People: Think about the person you are having problems with.
- What are his/her good points? What are his/her bad points?
- How do you think he/she sees the problem? (Try to understand his/her point of view even though you may not agree with it)
- Is there a solution where you both get something important that you want?
- Is there anyone who could help you with solving the problem?

Behaviors: When you have a problem with this person, how do you behave?
- Is this how you usually behave when you have problems with others?
- When you have problems with this person, how does he/she behave?
- Could you do anything to help shape the situation into one that is healthier for you?

WORKSHEET 8.4:
PEOPLE WHO PROVIDE SUPPORT FOR ME AND MY BABY

Instructions:

This time, each square describes a different type of support that people can give to your baby. Think about the people in your social support system who fit in each square and write their names there. The same person can be written in more than one square.

PRACTICAL SUPPORT	ADVICE OR INFORMATION
Whom will you ask to: • help with babysitting if you don't feel well and need to rest? • take you to the hospital if your baby gets sick? _____ _____ _____	Whom will you ask for advice / information: • when your baby is sick? • when you don't understand how to do something for your baby? • when something about your baby worries you? _____ _____ _____
COMPANIONSHIP	**EMOTIONAL SUPPORT**
Whom will: • play with your baby? • teach your baby new things? _____ _____ _____	Whom will you look to: • comfort your baby? • make your baby feel loved? _____ _____ _____