

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?
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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?
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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?
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