Caregiver Styles Self-Reflection Tool

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

• In times of stress, are you more like a kangaroo (overprotective) or a rhino (pushy, directive) in terms of your caregiving style?
• How do they influence your coparent/caregiver with respect to his or her 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?

Inspired by the work of Dr. Janet Treasure and colleagues
Artwork: Maya Partrick

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