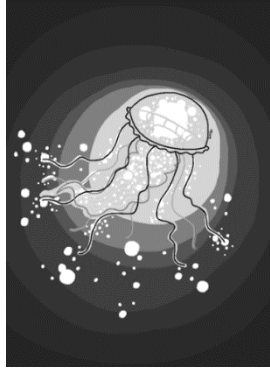


## Caregiver Styles Self-Reflection Tool

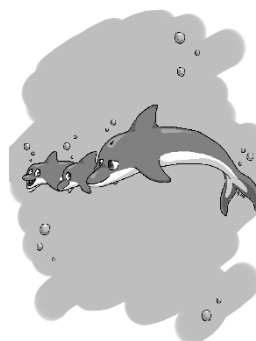
- In times of stress, are you more like a jellyfish (transparent & wobbly) or an ostrich (head in the sand) in terms of your responsivity to your loved one's emotion?



- 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

