

Cycles of Relationships

Therapist note: Give a copy of this worksheet to both the child and caregiver to complete separately.

Think of a hurdle in your relationship together. In the arrow on the left, list your behaviors. In the arrow on the right, list the other person's responses/behaviors. Notice how one response or behavior might lead to the other and cause a repeating pattern. In the space in the middle, list how this cycle could be stopped from repeating. When finished, share and compare each cycle drawing.

What similarities and differences can be found? What efforts would help each of you to feel heard and validated? What efforts could you each make today to best support each other?

