
Relationship Balance

To begin this exercise, you will need to make two copies of the following page. One copy will be for the caregiver to complete and the other will be for the client. Review the instructions on the page with the client and caregiver. Once the exercise is completed, invite each person to share his or her completed exercise. Then, begin a dialogue to explore each person's observations. After your group discussion, consider offering the client and caregiver an opportunity to journal about their observations and their thoughts about moving forward.

Follow-Up Questions

- What observations were made about each list?
 - What similarities and differences can be found?
 - What efforts would help each side of the relationship feel balanced?
 - How realistic are those expectations?
 - What efforts could be made today to reach a better balance?
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In the shaded box below, list what the OTHER person offers to this relationship. For example, if you are the caregiver, you would list in this box what your child offers to your relationship.

In the white box, list what YOU offer to this relationship.

Think about whether or not you feel this relationship is balanced. If not, use the triangle below to list what efforts could be made to help achieve a better balance in this relationship.

Once your exercise is completed, share and discuss your observations.

