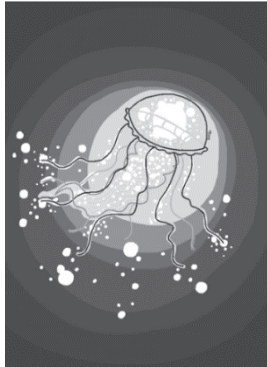


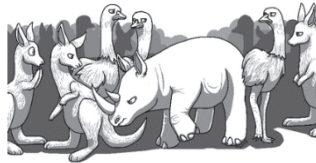
Appendix E

CAREGIVER STYLES SELF-REFLECTION TOOL

- In times of stress, are you more like a jellyfish or an ostrich in terms of your responsivity to your loved one's emotion?



- In times of stress, are you more like a kangaroo or a rhino in terms of your caregiving style?



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- Reflect on your animal tendencies: How do they make you feel?
- How do they influence your coparent/caregiver with respect to his or her animal models, if applicable?
- What steps would you suggest to a friend if he or she wanted to work toward becoming more like the St. Bernard around emotion or the Dolphin around caregiving?
- What blocks could be helpful to explore in order for change to occur?

