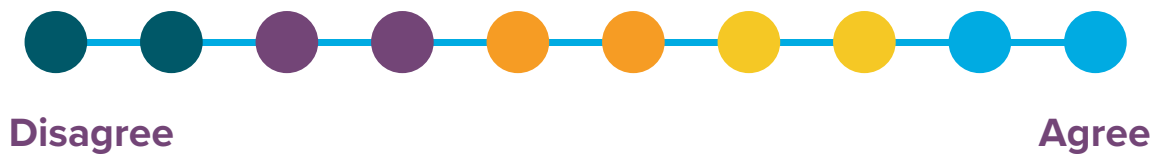


RELATIONSHIPS

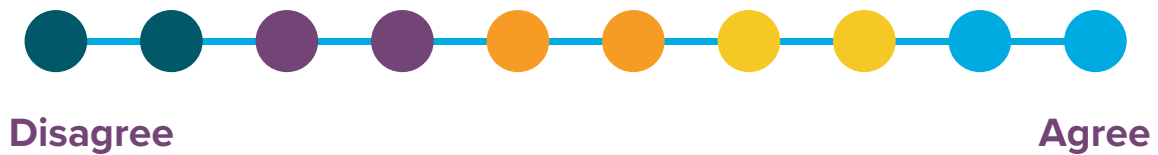
Worksheet: Family dynamics, Joe's story.

After watching the video, using the scale, mark how much you agree/disagree with the following statements.

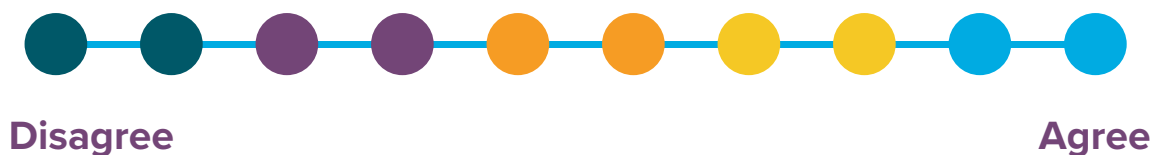
Living with tension at home can make you feel anything from guilt to anger, or anxiety to sadness. It's understandable that Joe is feeling anxious, but important to know it's not his fault.



It may be that a family member wants to talk to Joe about the situation. It's OK to tell that family member that maybe someone else is better suited to give them support.



It's very difficult to deal with conflict on your own. Joe should chat to a friend or someone he trusts about the situation. Sometimes speaking to a stranger can be easier than someone you know.



Does Joe's family members know the effect of arguments about unemployment is having on him? If he doesn't feel comfortable telling them, he should find a trusted person in his life he could speak to.

