

YOUR PARENTS UNDER PRESSURE JOURNEY: WHAT ELSE HAVE YOU LEARNT ABOUT YOURSELF, YOUR FAMILY AND YOUR CHILDREN

Fill in this checklist with your therapist..

THE THREE MOST IMPORTANT THINGS I HAVE LEARNT:

1

2

3

MY CHILDREN ARE DIFFERENT IN THESE WAYS:

1

2

3

WHAT I LOVE MOST ABOUT MY CHILDREN:

1

2

3