

Emotions Reflect and Act Worksheet

Parents of children with special health care needs say they often experience strong emotions about their child's situation and the impact it has on everyone in the family. Use this worksheet to help focus on a specific challenge you are facing.

Describe a situation that you are experiencing right now that triggers strong emotions in you?

What strategy would help you deal with your strong emotions related to that situation?

What are 2 or 3 steps you need to take to implement the strategy?

After trying it out, how did it work for you? Is there anything you would change about it to make it easier to do?



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