Family Challenge Workbook

Sample edition for review

Included content: Reflection prompts, planning pages, and writing space
Use: Write, draw, talk, pause, or leave a page blank

START HERE
Use only the pages that fit. You may work alone or with someone you choose. You can pause, take a break, or skip any question.

PAGE 1 - CHECK IN
Today I feel, or might feel: _____
Something I notice right now: _____
Something I would like others to know: _____

PAGE 2 - THINK ABOUT A MOMENT
What happened, in my words? _____
What do I know for sure? _____
What might still be unclear? _____
What would help me feel ready to continue? _____

PAGE 3 - CONSIDER CHOICES
What are two possible next steps? _____
Who might each choice affect? _____
Which step feels respectful and safe to me? _____
Do I want help before choosing? _____

PAGE 4 - MAKE A PLAN
One next step I choose, if any: _____
Someone I can ask for help: _____
A time to check in, if I want one: _____
Words I can use to ask for a pause or break: _____

PAGE 5 - DRAW OR WRITE
Use this space for a picture, a note, or nothing at all.

PAGE 6 - AFTER A PAUSE
Would I like to continue, choose a different prompt, or stop for today?
My choice: _____
Anything else I want to add: _____

REMINDER

You do not need to share a page. Ask before trying to repair or replace something that belongs to another person.