



FAMILY AND RELATIONSHIPS

# WORKBOOK

AKA LIFE COACHING





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@akalifecoaching



It takes a village to raise a child.

#African proverb



# Monthly Planner

Notes :



Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

# WEEKLY PLANNER

WEEK OF \_\_\_\_\_

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

GOALS

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TO DO LIST

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NOTES

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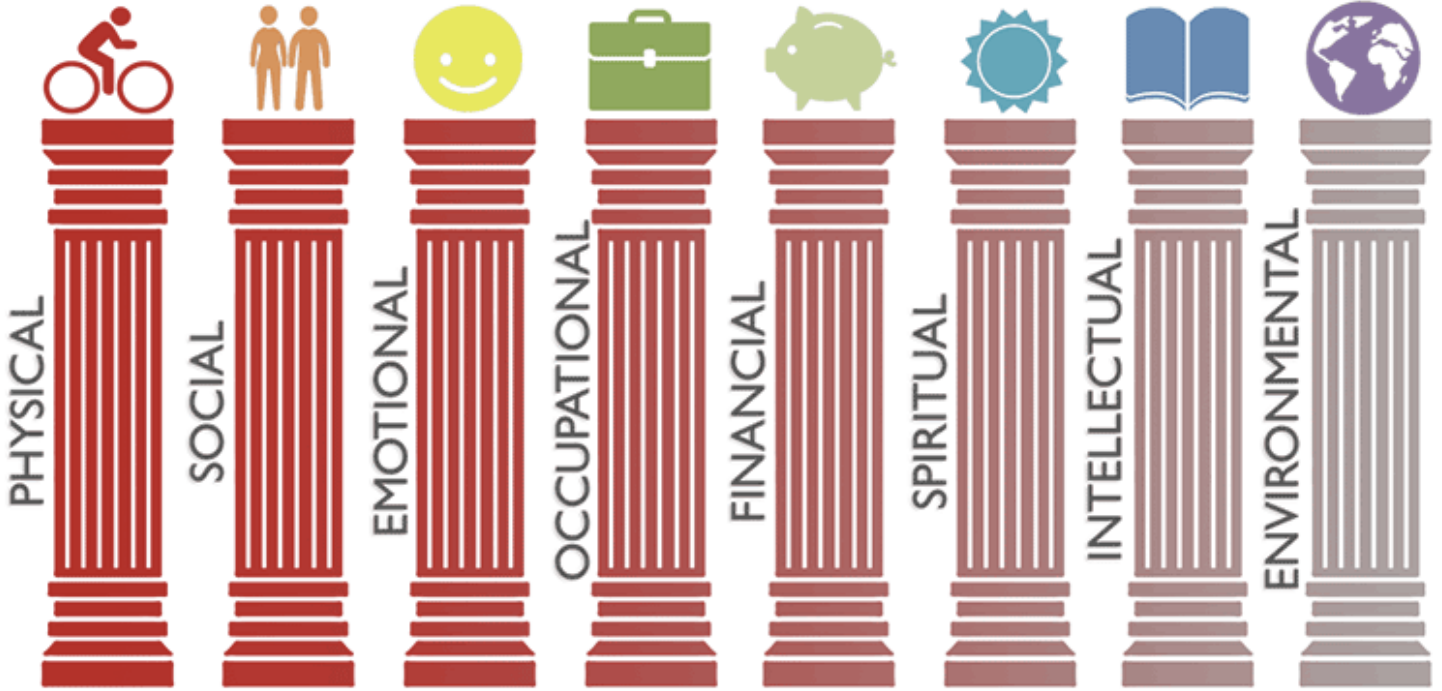




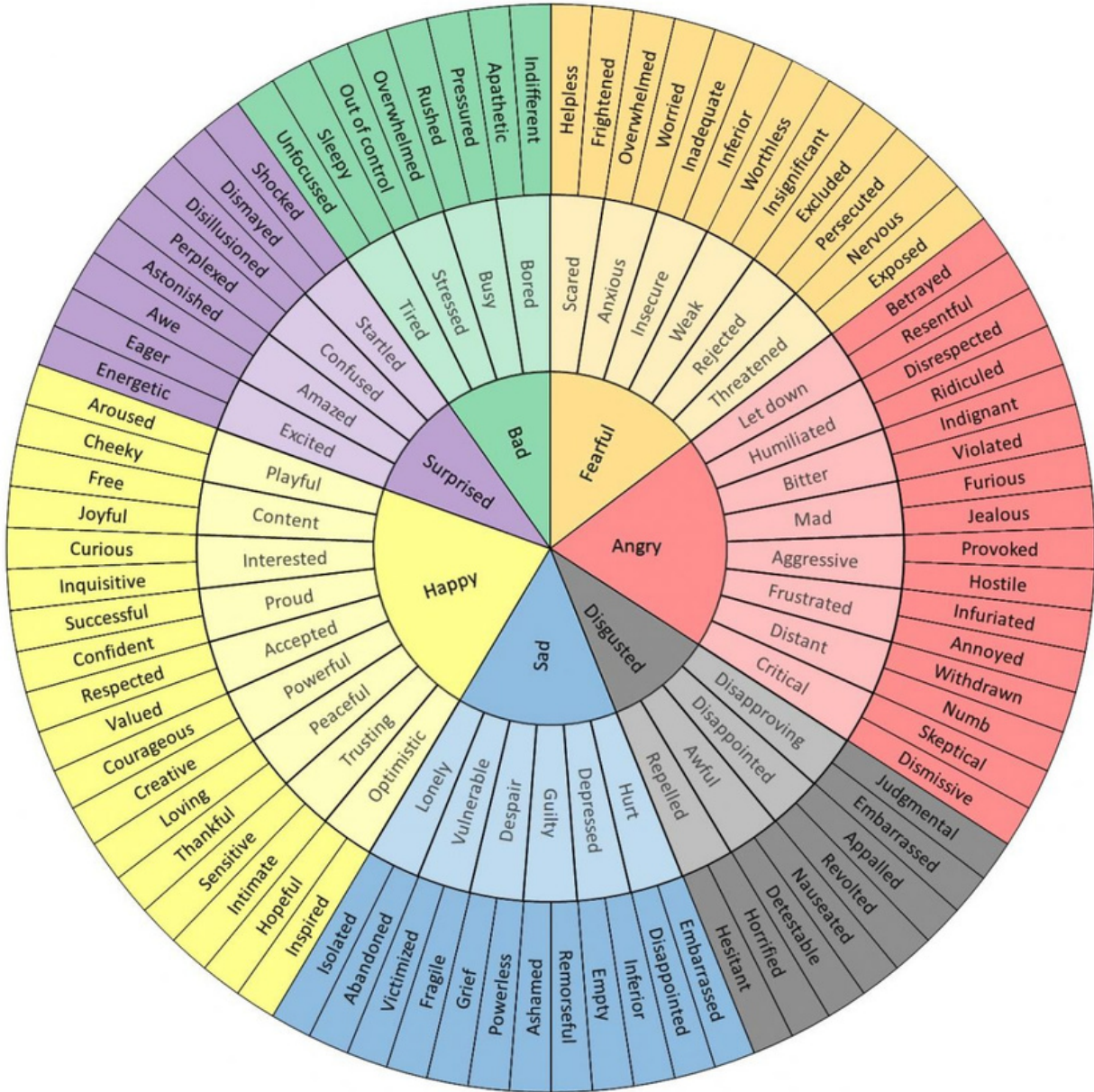




# 8 PILLARS OF WELLNESS



# Feeling Wheel





# Emotion Jar





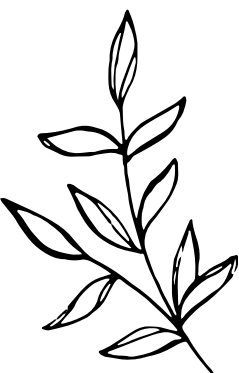




## **Cause I Ain't Got a Pencil**

by Joshua T. Dickerson

I woke myself up  
Because we ain't got an alarm clock  
Dug in the dirty clothes basket,  
Cause ain't nobody washed my uniform  
Brushed my hair and teeth in the dark,  
Cause the lights ain't on  
Even got my baby sister ready,  
Cause my mama wasn't home.  
Got us both to school on time,  
To eat us a good breakfast.  
Then when I got to class the teacher fussed  
Cause I ain't got a pencil.



# LIFE

@UGOJESSE



## Comments



WHAT WERE THE WRITTEN RULES IN YOUR  
FAMILY?

A large, empty rectangular area intended for writing the answer to the question above. The area is completely blank and occupies most of the page below the question.

WHAT WERE THE UNWRITTEN RULES IN  
YOUR FAMILY AND HOW DID THEY AFFECT  
YOU?

A large, empty rectangular area with a light gray background, intended for the user to write their response to the question above.





**NAME : WHERE DOES YOUR NAME ORIGINATE IE WHY WAS YOU GIVEN YOUR NAME?**

**NUMBER OF SIBLINGS:**

**BIRTH ORDER:**

**ROLE IN THE FAMILY :**

**WHAT WAS CONFLICT LIKE GROWING UP?**

**HOW DID THE ADULTS AROUND YOU DEAL WITH CONFLICT?**

**CAN YOU SEE ANY SIMILARITIES BETWEEN YOUR FAMILY RELATIONSHIPS & ADULT RELATIONSHIPS?**



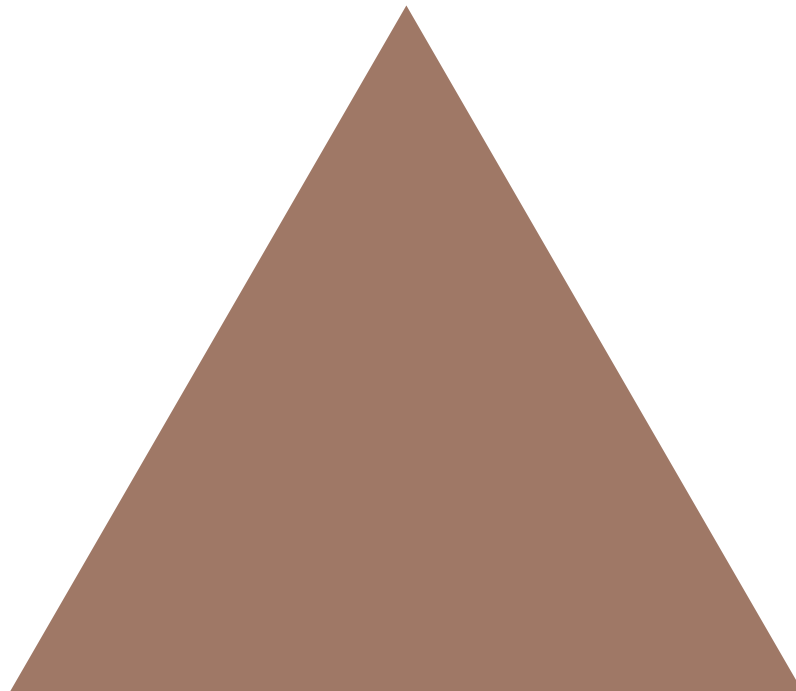
# Conflict Triangle

How did your family resolve conflicts ?



**Conflict default**

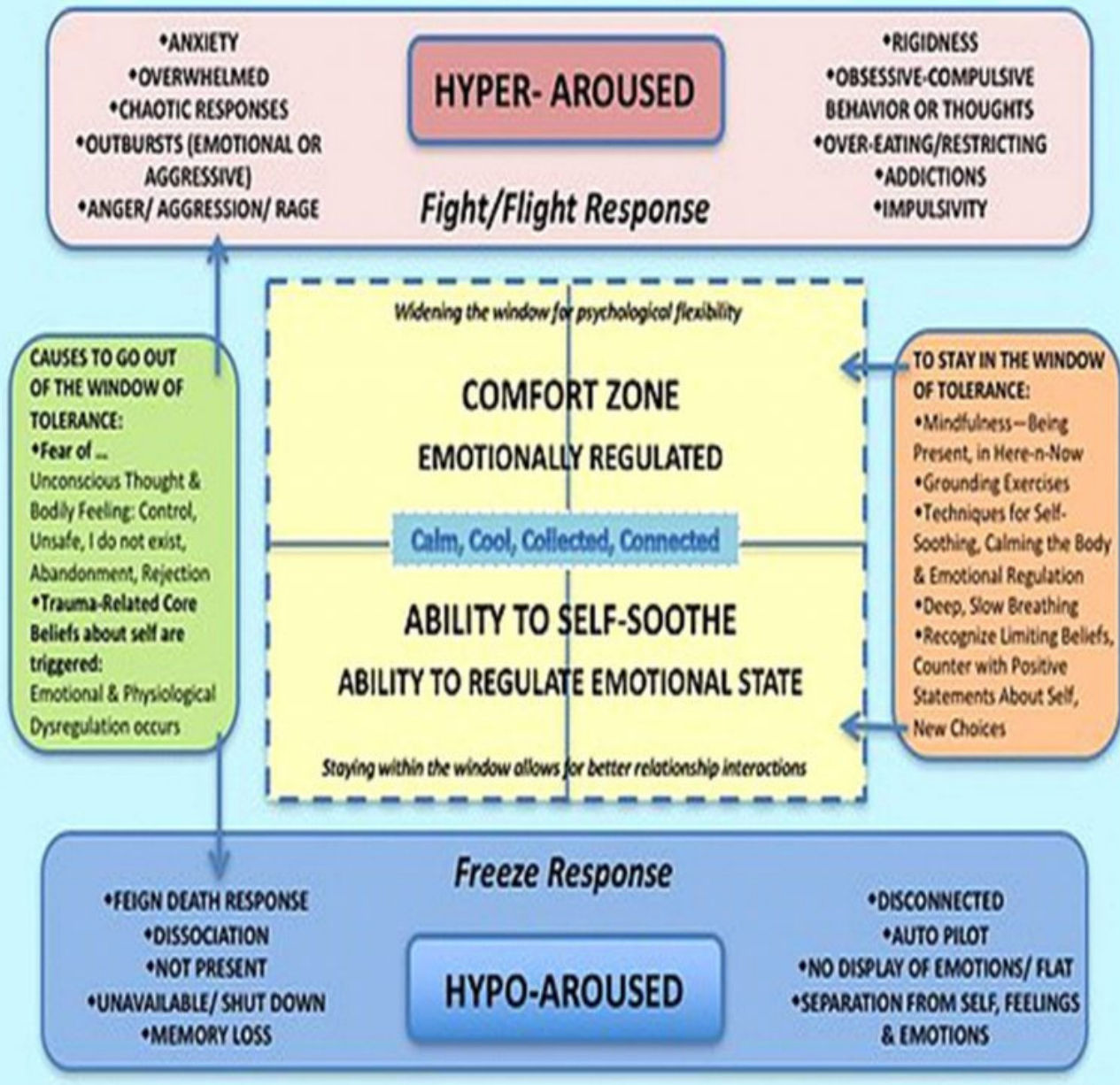
**Out /Shout**



**Talk/Sort**

**Hidden/Silent**

WINDOW OF TOLERANCE- TRAUMA/ANXIETY RELATED RESPONSES:  
*Widening the Comfort Zone for Increased Flexibility*



**Fight**

**Freeze**

**Flight**







# Trauma

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According to the American Psychological Association (APA), trauma is “an emotional response to a terrible event like an accident, rape, or natural disaster.”

However, a person may experience trauma as a response to any event they find physically or emotionally threatening or harmful.

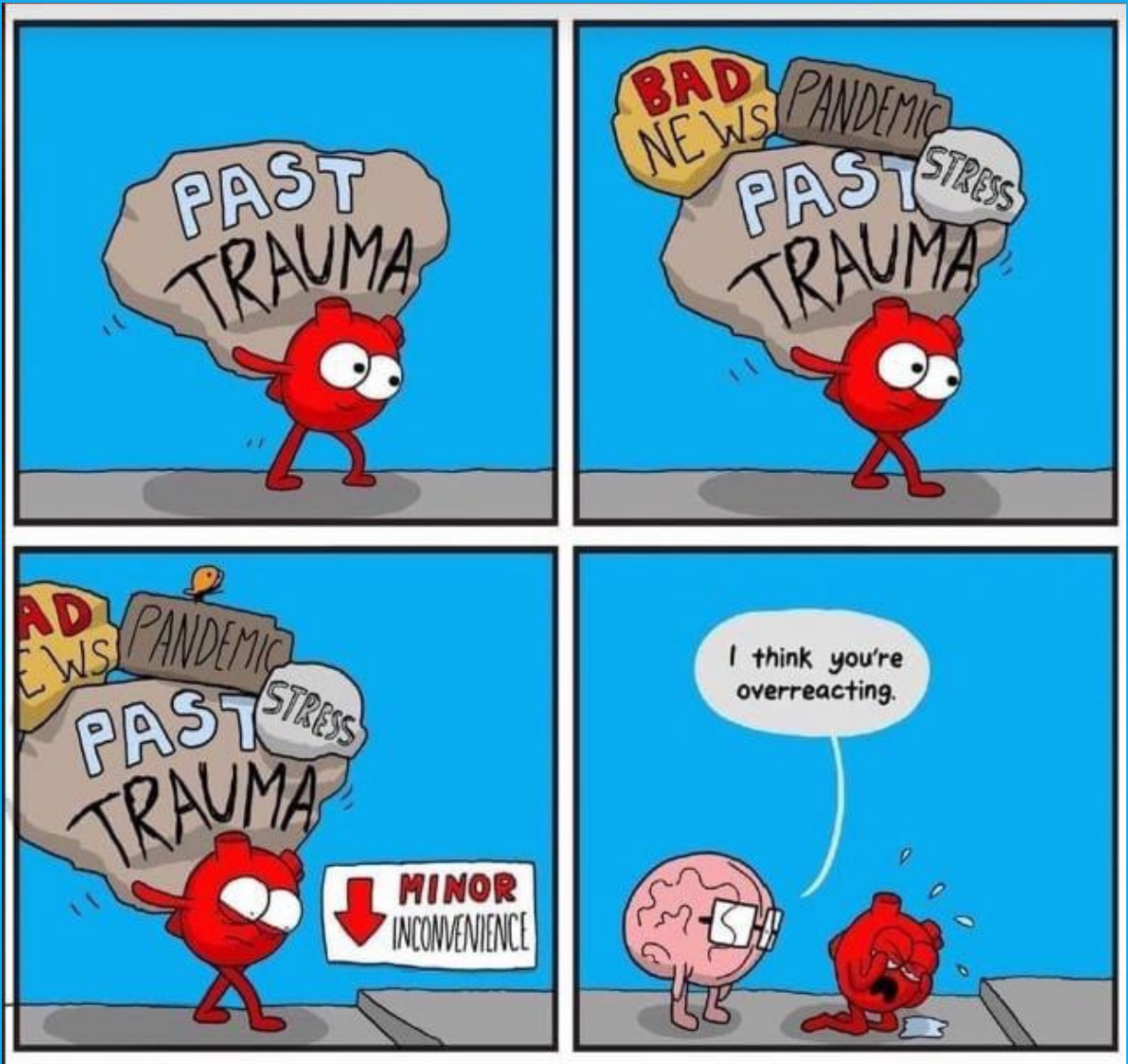
A traumatized person can feel a range of emotions both immediately after the event and in the long term. They may feel overwhelmed, helpless, shocked, or have difficulty processing their experiences. Trauma can also cause physical symptoms.

Trauma can have long-term effects on the person’s well-being. If symptoms persist and do not decrease in severity, it can indicate that the trauma has developed into a mental health disorder called post-traumatic stress disorder (PTSD).

There are several types of trauma, including:

- Acute trauma: This results from a single stressful or dangerous event.
- Chronic trauma: This results from repeated and prolonged exposure to highly stressful events. Examples include cases of child abuse, bullying, or domestic violence.
- Complex trauma: This results from exposure to multiple traumatic events.
- Vicarious trauma is a process of change resulting from empathetic engagement with trauma survivors. Anyone who engages empathetically with survivors of traumatic incidents, torture, and material relating to their trauma, is potentially affected, including doctors and other health professionals
- Intergenerational Trauma transferred between generations e.g. extreme poverty, sudden or violent death of a family member, a crime against a family, a parent who fought in a war, torture of a family member
- Historical & Racial/ Transgenerational Collective and cumulative psychological and emotional wounding across generations from m
- Secondary trauma, or vicarious trauma, is another form of trauma. With this form of trauma, a person develops trauma symptoms from close contact with someone who has experienced a traumatic event.





## Comments

# Coping Strategies







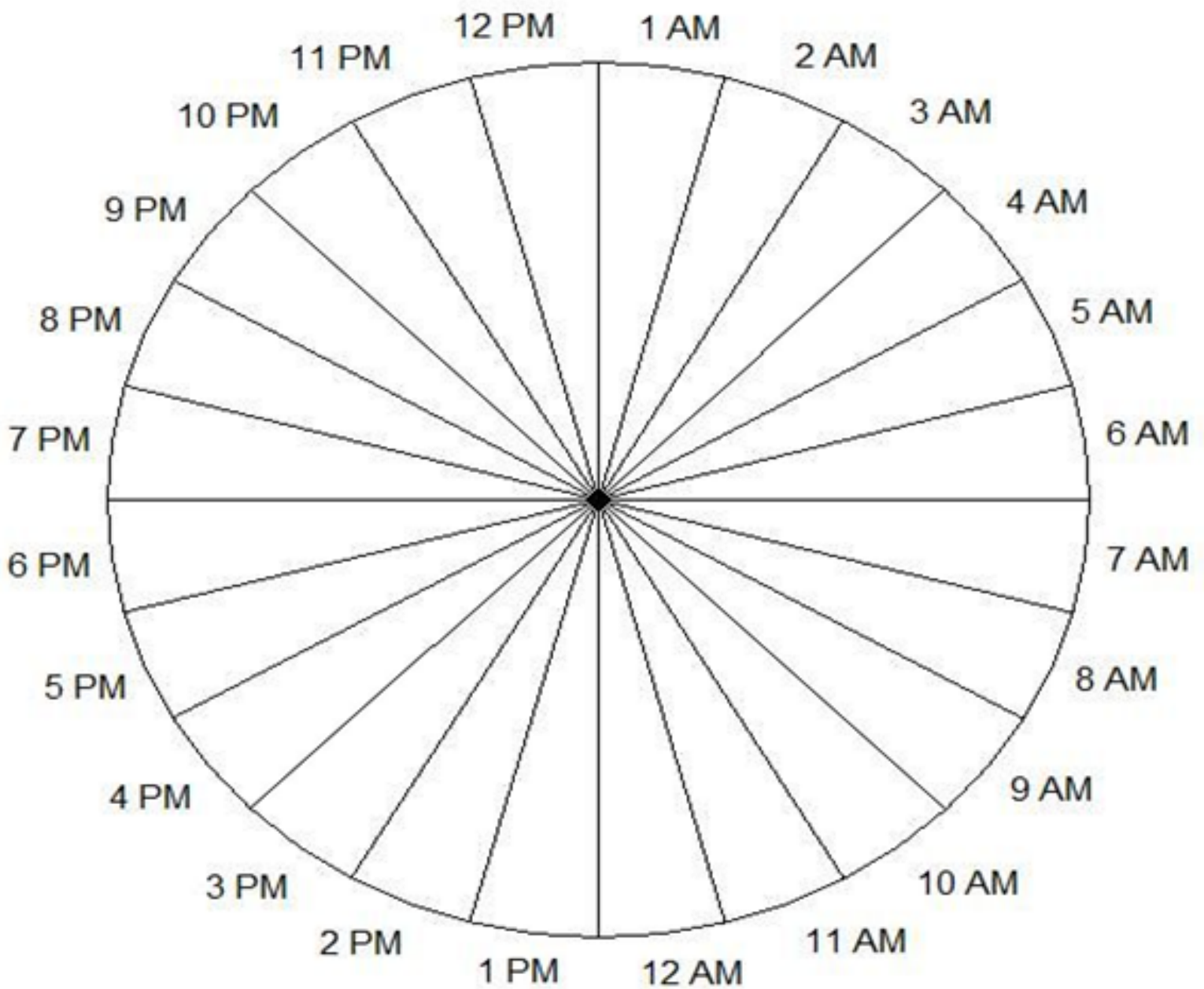
you are...

great, unique, pretty, brave, loved, strong, powerful, caring, sweet, kind, beautiful, handsome, cute, interesting, lovable, cool, attractive, inspiring, supportive, motivational

Comment



# How do you use your time?



# MASLOW'S HIERARCHY OF NEEDS



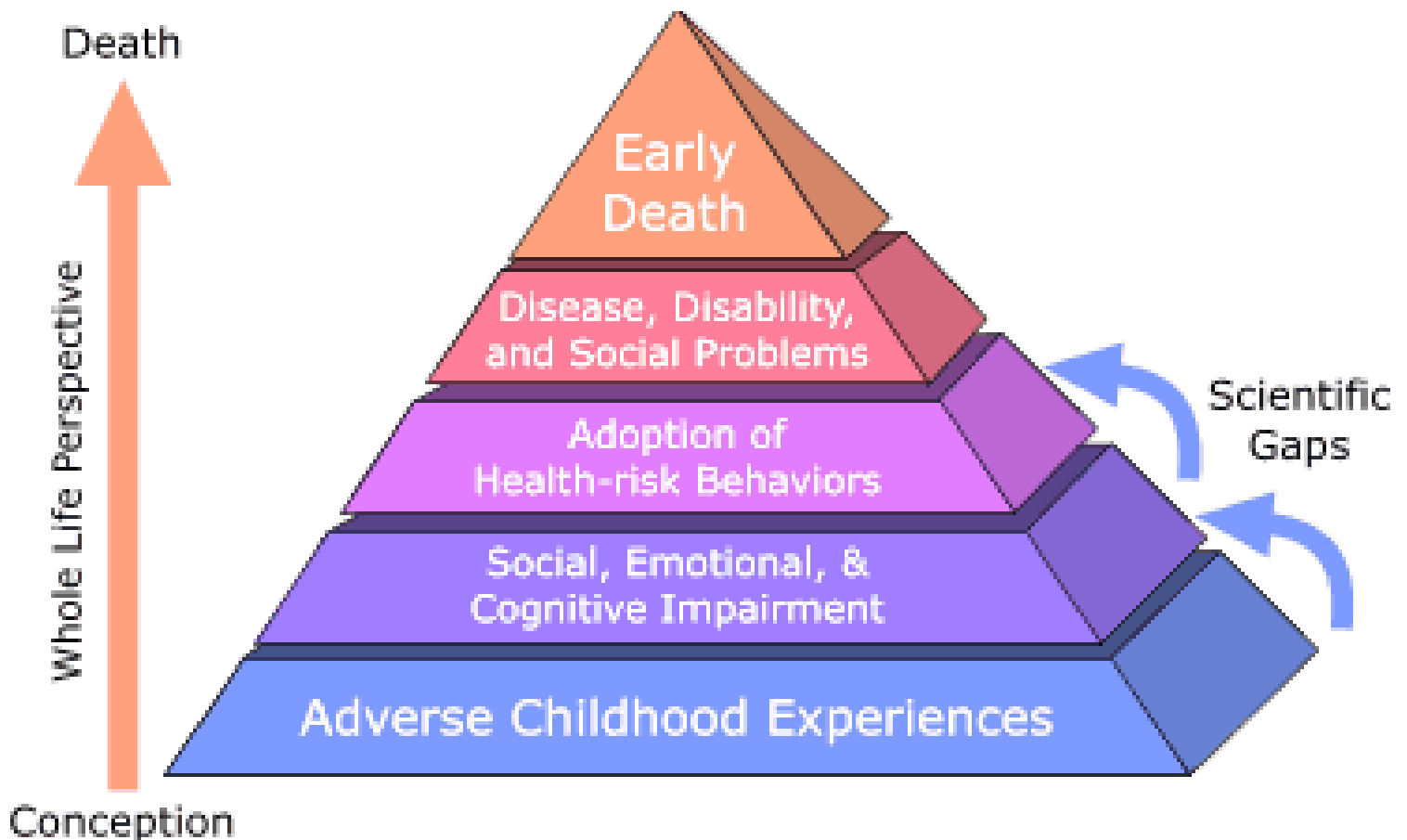
- ◀ The need for development, creativity, growth.
- ◀ The need for self-esteem, power, control, recognition.
- ◀ The need for love, belonging, inclusion.
- ◀ The need for safety, shelter, stability.
- ◀ The need for air, food, water, health.

## Erikson's Stages of Psychosocial Development

Approximate Age	Psycho Social Crisis
Infant - 18 months	Trust vs. Mistrust
18 months - 3 years	Autonomy vs. Shame & Doubt
3 - 5 years	Initiative vs. Guilt
5 -13 years	Industry vs. Inferiority
13 -21 years	Identity vs. Role Confusion
21- 39 years	Intimacy vs. Isolation
40 - 65 years	Generativity vs. Stagnation
65 and older	Ego Integrity vs. Despair

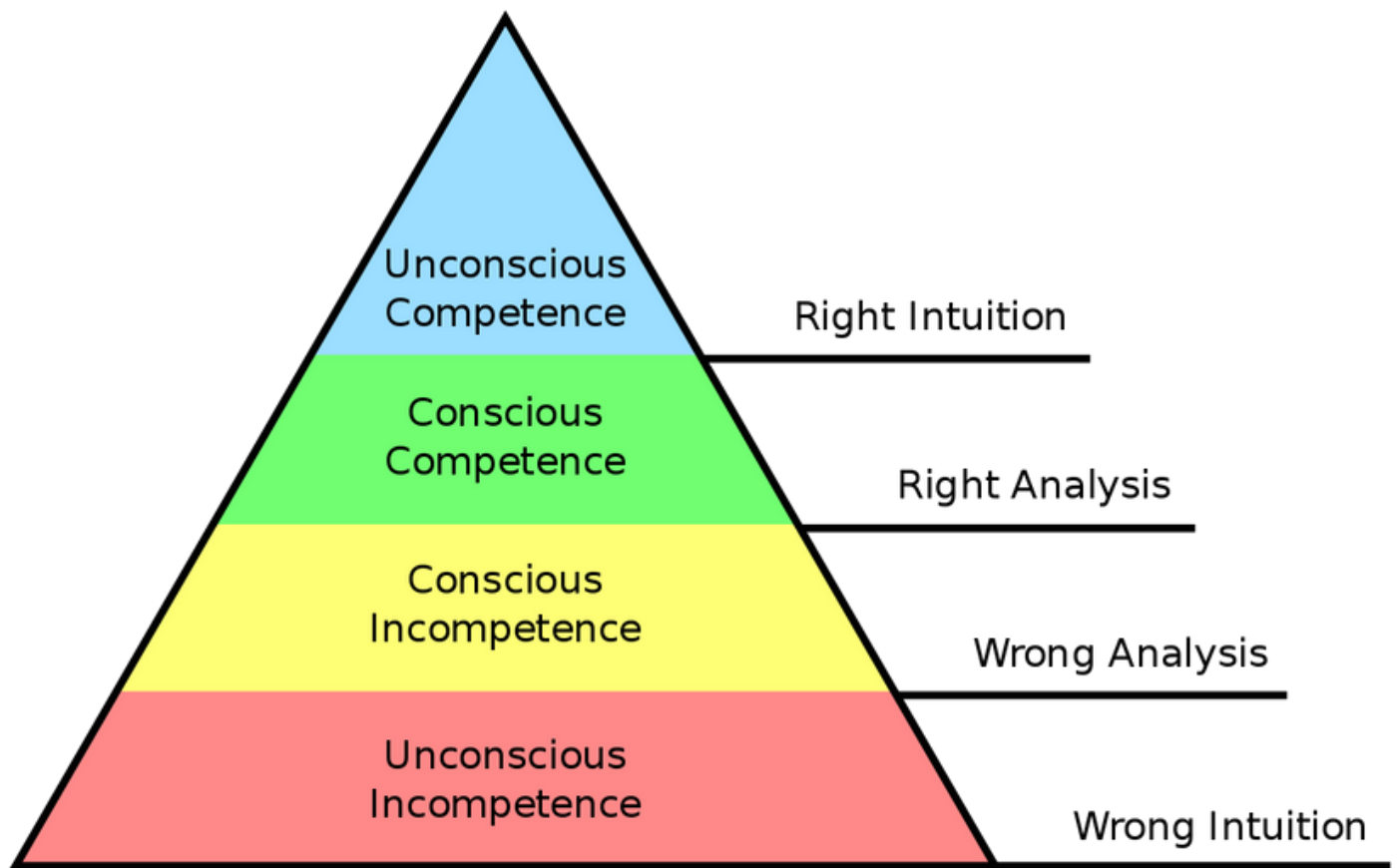
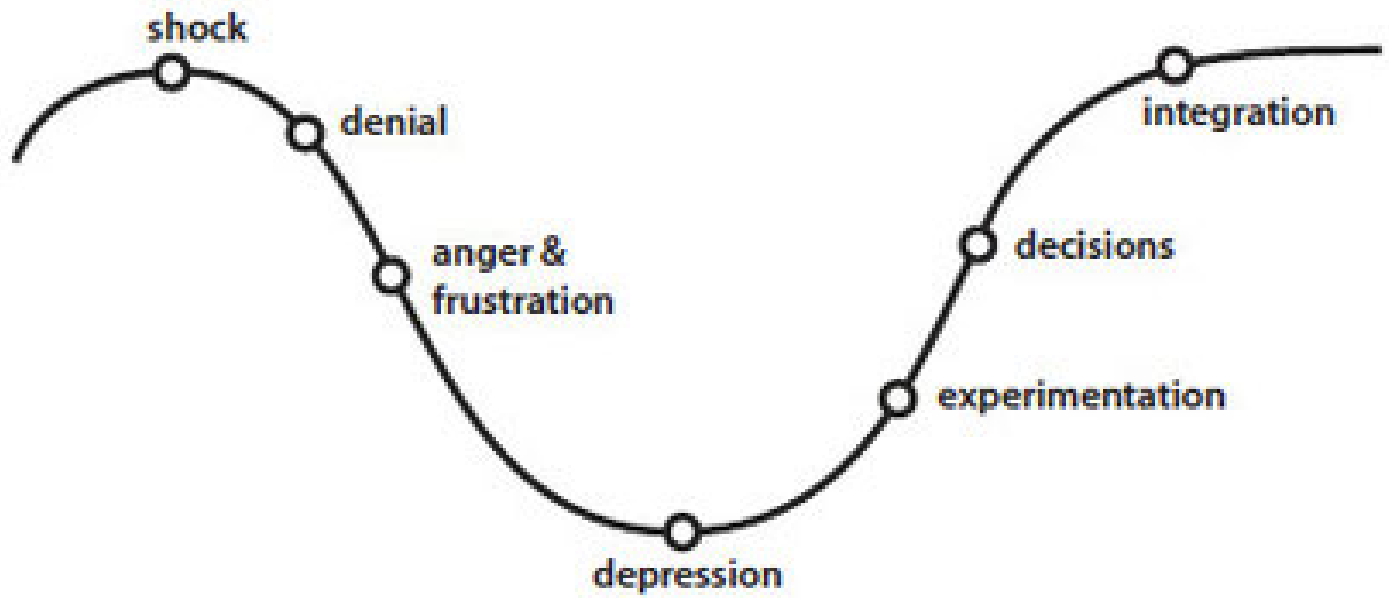
(C) The Psychology Notes Headquarter - <http://www.PsychologyNotesHQ.com>



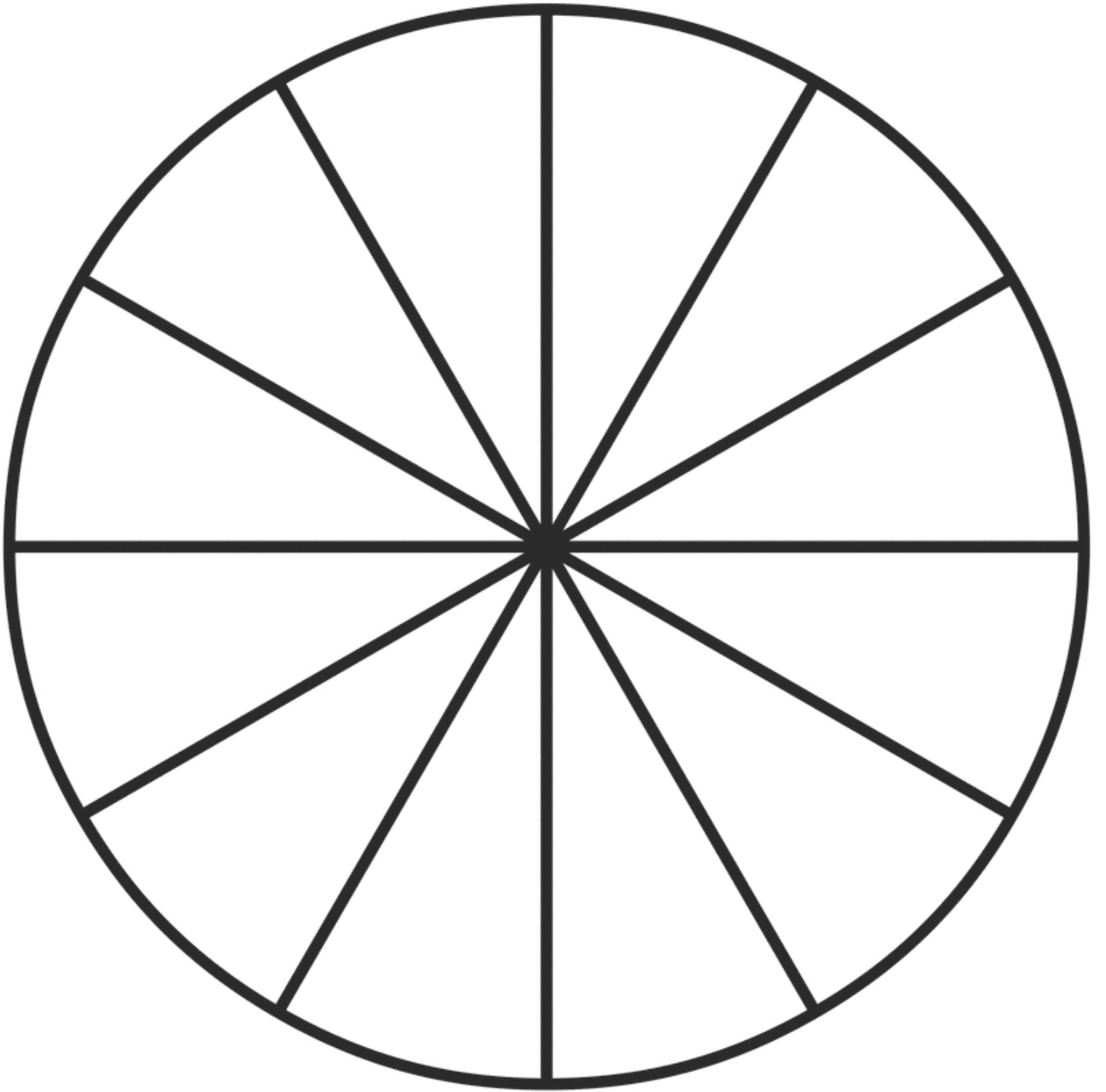


## Recovery Suggestions Codependency

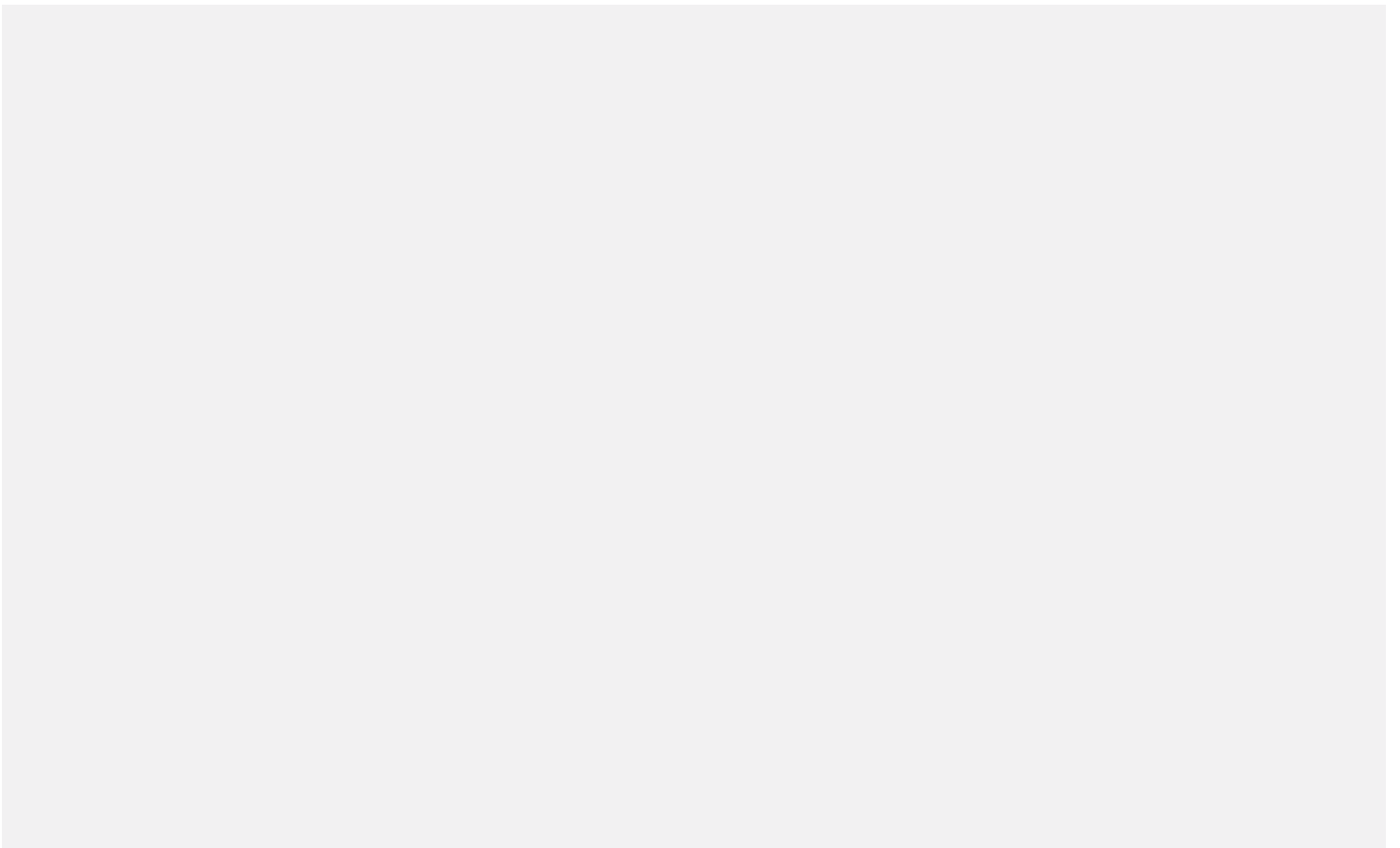
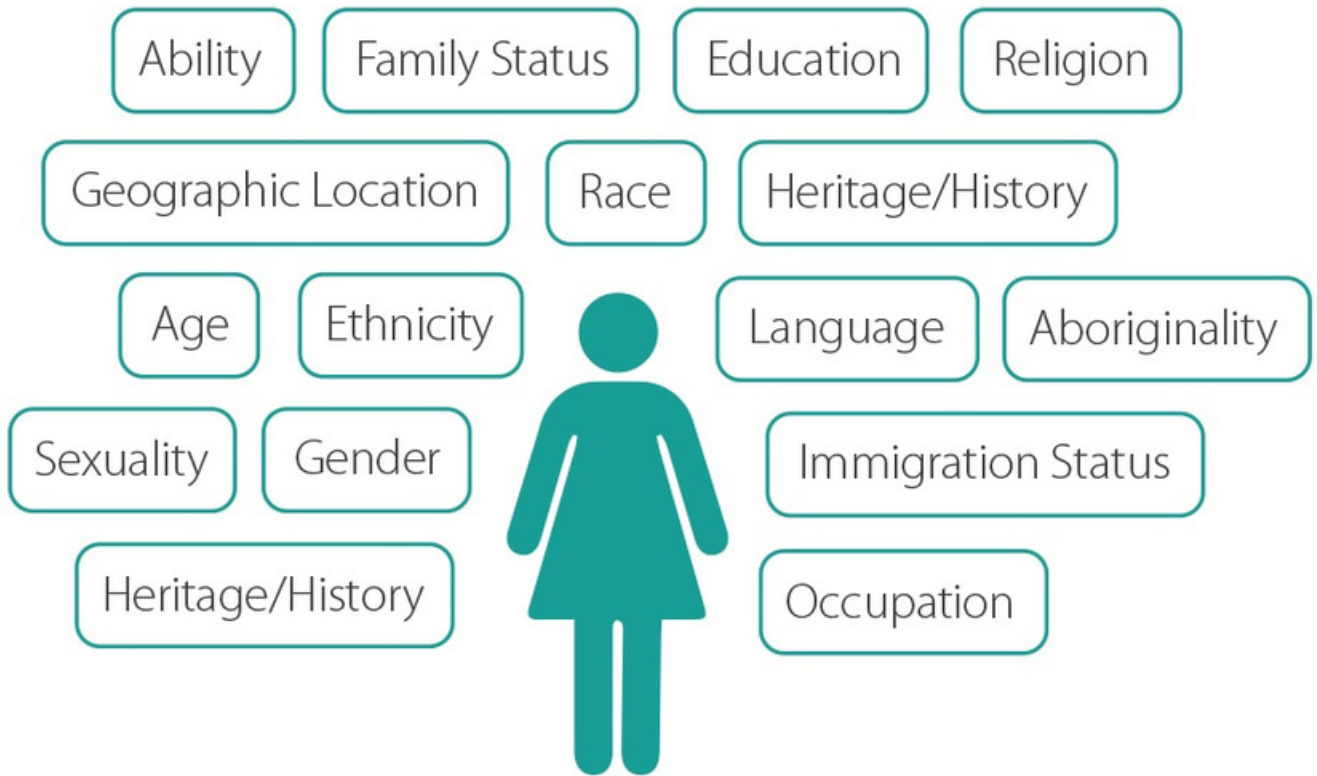




Hierarchy of Competence











# Goal Planner

## The Goal:

## The Strategy:

## Steps to Take:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Other Notes





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