

Family Roles Worksheet

The worksheet below will help you identify how your roles have changed with deployment. You can use this worksheet for yourself and for other family members; just change the responsibilities in the first column for each particular person. After deployment, this worksheet will help you renegotiate family roles.

In each column, write short answers for each category of roles.

Roles of responsibility for my family	My role before deployment in the family	My role during deployment in the family	Who can help me	What resources I need
Finances/budget/purchases				
Home/auto repairs or purchases				
Medical or legal decisions				
Child care and transportation				
Family shopping, chores, meals				
Community roles				