



Treatment Tools

Identifying Relationship Patterns

Caregiver Name:	Clinician Name:
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Identify a recent and common interaction you had with your child:

Caregiver

Child

What were my needs?

What were my child's needs?

I expected my child to...

My child expected me to...

I felt...

My child felt...

How did I react?

How did my child react?



Treatment Tools

People who can give me support as a parent: