

The Roles I Play



GUIDELINE

COUNSEL · COMPASSION · COHERENCE

1. *Mother* *Daughter* *Aunt* *Wife*
Student *Friend* *Professional* *Caretaker*
Advisor *Confidant* *Sister* *Homemaker*

2.

Role	What I expect of myself	What others expect of me
a.		
b.		
c.		
d.		
e.		

3.

- Which expectation feels the heaviest?
- Which one feels unfair?
- Which one(s) match who you really are?

