Your study, your pace

Family Changes and Care

Care with consent and room to breathe

Seven original guided layouts help you move from a concern to one considered next step. Begin anywhere. Every question, prayer, disclosure and group activity is optional; private reflection is a complete use of these pages.

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The distance between us

Family Changes and Care

Choose the prompts that serve you. Sharing is optional.

What contact is currently safe and welcome?

Which expectation belongs to me, and which does not?

A boundary I can state without a long defense

What support I need while the relationship remains uncertain

After trust breaks

Family Changes and Care

Choose the prompts that serve you. Sharing is optional.

What I directly know, separate from what I fear

A decision that can wait while I seek support

A privacy boundary around other people’s questions

What repeated trustworthy conduct would look like over time

Care across households

Family Changes and Care

Choose the prompts that serve you. Sharing is optional.

A practical need the child has expressed

An arrangement I should verify through the proper channel

A small promise I can keep consistently

How to keep the child out of adult messages and disputes

Make room for a mother’s grief

Family Changes and Care

Choose the prompts that serve you. Sharing is optional.

The words she uses for her experience

A practical offer she can accept or decline

An assumption or comparison I should set aside

A way to remember without requiring her to share

When beliefs differ

Family Changes and Care

Choose the prompts that serve you. Sharing is optional.

What the other person actually said

A question I can ask without setting a trap

A family kindness that need not depend on agreement

A topic or setting we may choose to pause

An invitation that leaves a choice

Family Changes and Care

Choose the prompts that serve you. Sharing is optional.

The connection I would like to offer

A time, place and cost the person can assess

A simple way to decline without explanation

How I will respond respectfully to no or no reply

A table with room

Family Changes and Care

Choose the prompts that serve you. Sharing is optional.

Who has been asked what would help them participate?

One access, food or scheduling preference to check

A role I can offer without assigning it

How guests can leave, be quiet or return without pressure