Role Balance Circles

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

Caregiving has crowded out personal interests.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Map roles that take space and roles the person wants to reclaim.

3. Which role needs practical support?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.