TREVOR BEECH
EMDR TRAUMA SPECIALIST
Psychotherapist

A REFLECTIVE WORKSHEET

The Roles I Play

Exploring the roles we hold in our families, inside ourselves and in everyday life.

NAME

DATE

Before you begin

There are no right or wrong answers here. Take it at your own pace: a few minutes at a time is fine, and you don't need to fill in every section. If something feels stirring, pause, notice your feet on the floor and your breath, and come back to it later, or bring it to our next session. Type into the shaded boxes; your answers save with the file.

PART ONE

The roles I hold today

Start by ticking any of these everyday roles that are part of your life now. Overleaf, you can add your own and say a little more about each one.

- ☐ **Parent** — Raising, guiding and loving a child at any age.
- ☐ **Partner** — Sharing a life closely with another person.
- ☐ **Son or Daughter** — Being someone's child, at every stage of life.
- ☐ **Sibling** — Brother or sister, now and growing up.
- ☐ **Grandparent** — Loving a new generation from a little distance.
- ☐ **Friend** — The people we turn to, and who turn to us.
- ☐ **Worker** — Roles we take on through work, paid or unpaid.
- ☐ **Carer** — Looking after someone who is ill, disabled or frail.

My roles, in my own words

Write down the roles you ticked, and any others that come to mind: volunteer, neighbour, student, member of a faith or community group, pet owner, or anything else that asks something of you.

ROLE	WHO IT CONNECTS ME TO	HOW IT FEELS AT THE MOMENT

Energy and balance

Roles that nourish me

Roles that tire me

Which role takes up most of my time and energy? Is it the one I would choose?

Which role do I value most, even if it gets little time?

PART TWO

Roles from my family

Growing up, children often take on roles that help the family cope. These roles made sense at the time, and many of them carry real strengths. Some carry on long after they are needed. Tick any that feel familiar.

- ☐ **The Hero**
  Achieved and held things together so the family could feel it was doing well.
- ☐ **The Scapegoat**
  Carried the blame and drew attention to what was going wrong.
- ☐ **The Lost Child**
  Stayed quiet, needed very little and kept out of the way.
- ☐ **The Mascot**
  Used humour and charm to ease tension in the room.
- ☐ **The Caretaker**
  Looked after everyone's needs, often before their own.
- ☐ **The Peacemaker**
  Stepped between people to calm conflict.
- ☐ **The Parentified Child**
  Took on adult responsibilities too early.
- ☐ **The Golden Child**
  Was seen as the one who could do no wrong.

Which role or roles did I take on? What was happening in the family at the time?

Where do I still notice this role in my life today?

What would I like to keep from it, and what could I begin to set down?

PART THREE

Parts of me

We all have different parts that step forward at different times. Each one is trying to help in its own way, even when it doesn't feel helpful. Tick the parts you recognise in yourself.

- ☐ **The Nurturer**
  Comforts, feeds and soothes.
- ☐ **The Protector**
  Keeps watch and guards against harm.
- ☐ **The Rescuer**
  Rushes in to fix things and save others.
- ☐ **The Inner Critic**
  Judges, pushes and points out faults.
- ☐ **The Explorer**
  Is drawn to new places, ideas and experiences.
- ☐ **The Sage**
  Reflects and sees the bigger picture.
- ☐ **The Inner Child**
  Holds early feelings, needs and wonder.
- ☐ **The Wounded Healer**
  Turns its own pain into care for others.

Which part is loudest in me at the moment?

What is it trying to do for me?

What might it need from me?

Which part would I like to hear from more often?

PART FOUR

Looking closer at one role

Choose one role from any part of this worksheet, perhaps one that feels heavy, or one you would like to understand better.

THE ROLE I HAVE CHOSEN

What this role gives me

What this role costs me

If this role could speak, what would it say to me?

One small, kind change I could make around this role:

PART FIVE

Closing reflection

Looking back over everything you have written, notice which roles you would like to grow or soften.

A role I would like more of

A role I would like less of

A role I am ready to set down

A role I would like to pick up

What have I noticed while working through this?

Something I would like to bring to our next session:

Thank you for taking the time. Reflective work can stir things up, so be gentle with yourself afterwards: have a drink of water, rest, or spend a few quiet minutes outside or near water if you can.