

Family & Friends Checklist

The things you are avoiding as a friend/family member are you:

Tick here if you have noticed
this - even if just sometimes

Completely avoiding asking about anything to do with illness?

Avoiding talking to anyone else about your their symptoms or about
how they are coping?

Putting off all decisions until the person is better? For example, putting
holidays or other life plans completely on hold?

Not really being honest with your friend or relative. For example, saying
'yes' when you really mean 'no'?

Trying hard to avoid situations that cause upsetting thoughts/
memories?

Brooding over things and no longer living your own life to the full?

Avoiding discussing how you yourself are feeling or coping?

Avoiding people or isolating yourself from others?

Avoiding expressing concerns about how children in the family are
doing if there is a clear problem here? If there is, it's important to make
sure the care that is needed is given.

Avoiding being assertive about your own needs?

Avoiding going out in public either by yourself or with the person you
are supporting?

Keeping so busy that you don't have to think about the problem?

For partners/spouses - are you avoiding sex or physical intimacy?
Perhaps you have fears of causing over-exertion or harm? Or perhaps
you're not sure whether this would be imposing/inappropriate or not
wanted right now?

Are you avoiding things in other ways?

If so, write down here what you are avoiding: