A PAUSE, A PRACTICE, A NEXT STEP

Family Conflict

You can care about family and still need limits.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Choose the smallest issue

If it is safe to talk, name one current problem. Avoid making one conversation carry the weight of the whole family history.

01 / Notice and reflect

What needs attention now?

02 / Notice and reflect

What is within my control?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek professional support for repeated distress. If you fear harm, use Crisis Support for safety resources instead of confronting the person alone.

Read more: VA National Center for PTSD · How PTSD affects families

More tools and immediate support: Our Healing Room / Crisis Support.