

Family Needs Journal

The questions below can help you reflect on your experience as a caregiver. You can write your thoughts here, copy this page and add it to your journal if you keep one, or reflect on these questions in your journal.

How has your relationship with your service member/veteran with TBI changed?

Are you experiencing conflicts with other family members? Describe each person's point of view in the conflict. List strategies that you could use to resolve the conflict.

