

Behavioral Effects 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.

What emotional and/or behavioral effects have you observed in your service member/veteran?

Is there one particular instance that stands out for you? Describe what happened and how you reacted.

What impact have these emotional and/or behavioral effects had on you? On other members of the family?

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What strategies have you tried to use to help your service member/veteran cope with emotional or behavioral effects? How well have they worked?

What strategies do you plan to try in the future?

