

## Family Issues Worksheet

To assess your family's adjustment to CFS/FM, fill out the worksheet below. First, check the adjustments you have tried already and rate them from -5 (made me much worse) through 0 (no effect) to +5 (very helpful). Also, check the adjustments you want to focus on in the future. Then, using your answers, choose one or two areas to work on at a time.

	Tried Y/N	Rating -5/+5	Use in Future
<b>Redistributing household tasks</b>			
Shopping			
Cooking			
Laundry			
Cleaning			
Childcare			
Garden			
Finances			
<b>Financial adjustments</b>			
Job changes			
Budgeting / reduce spending			
Disability			
Move			
<b>Social adaptations</b>			
<b>Adjusting to “new normal”</b>			