

# MY PLACE IN THIS WORLD™

## TOOLS WORKSHEET COLLECTION

### PLACE • VOICE • RESPONSIBILITY • CONNECTION

A practical collection for helping children, teens, adults, and families explore belonging, clarify roles, strengthen healthy responsibility, and build meaningful connection.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Family / Group: \_\_\_\_\_

### Ethos Shoreline

*Educational resource • Not a substitute for individualized medical or mental-health care.*



# 1. I Matter Here

*A belonging worksheet for noticing the ways you are seen, valued, and included.*

## Check what fits today

|                                              |                                                         |
|----------------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> People listen to me | <input type="checkbox"/> I can be myself                |
| <input type="checkbox"/> My feelings matter  | <input type="checkbox"/> I have something to contribute |
| <input type="checkbox"/> I am included       | <input type="checkbox"/> I can ask for help             |

Three things that make me feel like I matter in my family:

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One strength I bring to my family:

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When I do NOT feel like I matter, I usually notice:

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One thing my family could do that would help me feel more included:

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One thing I can do to remind someone else that they matter:

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## 2. My Place in the Family

Explore your unique place without comparing your worth to anyone else's.

| What I bring | What I need | What I am learning |
|--------------|-------------|--------------------|
|              |             |                    |
|              |             |                    |
|              |             |                    |
|              |             |                    |

People in my family can count on me for:

I feel most like myself in my family when:

A role I sometimes feel pressured to play is:

A healthier description of my place in this family could be:



### 3. What Actually Belongs to Me?

Separate your responsibilities from burdens that belong to other people.

| BELONGS TO ME | I CAN CARE, BUT NOT CARRY | DOES NOT BELONG TO ME |
|---------------|---------------------------|-----------------------|
|               |                           |                       |
|               |                           |                       |
|               |                           |                       |
|               |                           |                       |
|               |                           |                       |

Examples to consider

My choices • My words • My effort • My boundaries • My repair after mistakes • Another person's mood • Adult conflict • Keeping everyone happy • Fixing every problem

Something I have been carrying that may not actually belong to me:

A healthy boundary or next step:



# 4. My Voice Matters

Practice expressing thoughts, feelings, needs, ideas, and boundaries respectfully.

## Check what fits today

|                                                 |                                                      |
|-------------------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> I can say what I think | <input type="checkbox"/> I can say what I feel       |
| <input type="checkbox"/> I can ask a question   | <input type="checkbox"/> I can disagree respectfully |
| <input type="checkbox"/> I can ask for space    | <input type="checkbox"/> I can ask for support       |

Something I want my family to understand about me:

I feel \_\_\_\_\_ when \_\_\_\_\_ because \_\_\_\_\_.

What I need or would like to ask for is:

A respectful way I can say it:

What would help me feel heard even if the answer is not yes?



# 5. My Responsibilities

Healthy responsibility means owning your part—not everybody else's.

| Responsibility | When / How Often | Support I Need | How I'll Know It's Done |
|----------------|------------------|----------------|-------------------------|
|                |                  |                |                         |
|                |                  |                |                         |
|                |                  |                |                         |
|                |                  |                |                         |
|                |                  |                |                         |

One responsibility I can take more ownership of:

One responsibility I need help breaking into smaller steps:

One responsibility I may be carrying that belongs to someone else:



# 6. Connection Map

Map the people and relationships that help you feel safe, supported, understood, and connected.

## ME

INNER CIRCLE — people I feel safest with

SUPPORT CIRCLE — people I can go to for help

COMMUNITY CIRCLE — people/groups that help me belong

One connection I want to strengthen:

One small action I can take this week:



# 7. Family Roles

Notice roles that help the family and roles that may have become too heavy or rigid.

| Role I Notice                            | Helpful Side | When It Becomes Too Much |
|------------------------------------------|--------------|--------------------------|
| <input type="checkbox"/> Helper          |              |                          |
| <input type="checkbox"/> Peacemaker      |              |                          |
| <input type="checkbox"/> Problem-Solver  |              |                          |
| <input type="checkbox"/> Protector       |              |                          |
| <input type="checkbox"/> Responsible One |              |                          |
| <input type="checkbox"/> Funny One       |              |                          |

A role I often take in my family:

What I like about this role:

What feels heavy about this role:

Who could share this responsibility with me?



# 8. Family Belonging Check-In

Use this check-in to notice what is working and where the family needs more attention.

| Statement                            | 1                        | 2                        | 3                        | 4                        | 5                        |
|--------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| I feel like I belong here.           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I feel listened to.                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I know what is expected of me.       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I can make mistakes and repair.      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have appropriate responsibilities. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I can ask for help.                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| We spend meaningful time together.   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| We handle conflict respectfully.     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

1 = Not true right now    3 = Sometimes true    5 = Very true

One thing our family is doing well:

One area that needs attention:

One small family action for this week:



# 9. PLACE / VOICE / RESPONSIBILITY / CONNECTION

*A whole-family check-in using the four core dimensions of the Family Place Model™.*

## PLACE

Do I know I belong? Do I understand my place without having to earn my worth?

My rating today (1–5): 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

What is working: \_\_\_\_\_

What I need: \_\_\_\_\_

## VOICE

Can I express thoughts, feelings, needs, ideas, and boundaries respectfully?

My rating today (1–5): 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

What is working: \_\_\_\_\_

What I need: \_\_\_\_\_

## RESPONSIBILITY

Do I know what is mine to own—and what is not mine to carry?

My rating today (1–5): 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

What is working: \_\_\_\_\_

What I need: \_\_\_\_\_

## CONNECTION

Do I have safe, meaningful ways to connect, repair, and ask for support?

My rating today (1–5): 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

What is working: \_\_\_\_\_

What I need: \_\_\_\_\_

## Our next step

The area we want to strengthen first is:

\_\_\_\_\_

One specific action we will try this week:

\_\_\_\_\_

How we will know it helped:

\_\_\_\_\_

\_\_\_\_\_



# Family Reflection & Next Steps

*Bring the worksheets together into one practical family plan.*

**What did we learn about belonging in our family?**

**What did we learn about voice and being heard?**

**What responsibilities need to be clearer or better shared?**

**What connection needs more attention?**

| This Week We Will | Who Will Help | When We Will Check In |
|-------------------|---------------|-----------------------|
|                   |               |                       |
|                   |               |                       |
|                   |               |                       |
|                   |               |                       |

**Consistency over intensity. Everyone deserves a place, a voice, appropriate responsibility, and connection.**

