

### Assessing Your Own Families

| <b>A stressful situation that could lead to a disruption in your home</b> | <b>A strategy for prevention</b><br><i>(What you could do in advance to stop the problem from occurring)</i> | <b>A strategy for intervention</b><br><i>(If the problem is already present, what you could do to minimize the impact of the problem in your family)</i> |
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| 1.  |  |  |
| 2.  |  |  |
| 3.  |  |  |