Family Dialogue Stressor #1

Using the scenario that you drew, have a family discussion about how you would deal with mental illness/intellectual/medical disabilities as a family. Be as realistic as possible. As a family, how would you support each other? Does this disorder or disability put a financial strain on your family? How do you deal with that? Once you’ve talked it through, each family member is going to write a diary or journal entry about dealing with the stress of your assigned disorder or disability. Each journal entry should be at least one full page written from the perspective of your character. You may use your own device to research the disorder or disability.

Scenario 1: One of the adults in your family is an alcoholic, but no one outside of the family has any clue...

Scenario 2: An older teen or adult in your family suffers from Bipolar disorder...

Scenario 3: Someone in your family suffers from Panic Disorder and any change in stimuli could trigger an attack…

Scenario 4: One of the younger members of your family has been diagnosed with Autism Spectrum Disorder. Traditional public school no longer looks like the best option…

Scenario 5: Someone in your family is a Type 1 (insulin-dependent) diabetic

 and it is critical that meals are nutritionally balanced and on a time schedule…

Scenario 6: Someone in your family has been a victim of violent crime and suffers from PTSD (Post Traumatic Stress Disorder)…

 Scenario 7: Someone in your family suffers from Crohn’s Disease…