

Missed Opportunities at Home

Family-focused reflection

Printable worksheet · 8 parts

Name _____ Date _____

A family-focused assessment to reflect on opportunities missed within home life.

Contents

- Part 1 · Children's Milestones
- Part 2 · Spouse/Partner Events
- Part 3 · Family Celebrations
- Part 4 · Daily Family Life
- Part 5 · Personal Career
- Part 6 · Emotional Availability
- Part 7 · Family Financial
- Part 8 · Overall Reflection

PART 1 OF 8

Children's Milestones

Instructions: Rate on a scale of 1-10 where applicable.

Event

First steps

Present?

Y/N

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Event

First words

Present?

Y/N

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Event

School performances

Present?

Y/N

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Event

Sports games/meets

Present?

Y/N

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Event

Graduations

Present?

Y/N

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Event

Parent-teacher conferences

Present?

Y/N

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Event

Other

Present?

Y/N

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Reflection

How has missing these events affected your relationship with your children?

PART 2 OF 8

Spouse/Partner Events

Instructions: Rate on a scale of 1-10 where applicable.

Event

Anniversary celebrations

Present?

Y/N

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Event

Partner's work functions

Present?

Y/N

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Event

Partner's family events

Present?

Y/N

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Event

Date nights

Present?

Y/N

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Event

Partner's achievements

Present?

Y/N

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Event

Other

Present?

Y/N

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Reflection

How has your addiction impacted your ability to support and connect with your partner?

PART 3 OF 8

Family Celebrations

Instructions: Rate on a scale of 1-10 where applicable.

Event

Birthdays

Present?

Y/N

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Event

Christmas/Hanukkah/etc.

Present?

Y/N

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Event

Thanksgiving

Present?

Y/N

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Event

New Year's Eve

Present?

Y/N

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Event

Family reunions

Present?

Y/N

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Event

Other

Present?

Y/N

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Reflection

How has addiction affected the quality of family celebrations and traditions?

PART 4 OF 8

Daily Family Life

Instructions: Rate on a scale of 1-10 where applicable.

Activity

Family dinners

Frequency Missed

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Activity

Bedtime routines

Frequency Missed

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Activity

Homework help

Frequency Missed

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Activity

Weekend activities

Frequency Missed

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Activity

Family game nights

Frequency Missed

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Activity

Other

Frequency Missed

Phys Pres (1-10)

Emo Pres (1-10)

Impact (1-10)

Reflection

How has addiction impacted the daily rhythm and connection within your family?

PART 5 OF 8

Personal Career

Instructions: Rate on a scale of 1-10 where applicable.

Event

Job promotions

Ability to Celebrate (1-10)

Impact on Pride (1-10)

Event

Work achievements

Ability to Celebrate (1-10)

Impact on Pride (1-10)

Event

Personal milestones

Ability to Celebrate (1-10)

Impact on Pride (1-10)

Event

Other

Ability to Celebrate (1-10)

Impact on Pride (1-10)

Reflection

How has addiction affected your ability to share your successes with your family?

PART 6 OF 8

Emotional Availability

Instructions: Rate on a scale of 1-10 where applicable.

Situation

Child's emotional needs

Frequency

Ability to Support (1-10)

Impact on Trust (1-10)

Situation

Partner's stressful day

Frequency

Ability to Support (1-10)

Impact on Trust (1-10)

Situation

Family conflicts

Frequency

Ability to Support (1-10)

Impact on Trust (1-10)

Situation

Family member's illness

Frequency

Ability to Support (1-10)

Impact on Trust (1-10)

Situation

Other

Frequency

Ability to Support (1-10)

Impact on Trust (1-10)

Reflection

How has addiction impacted your ability to be emotionally present for your family?

PART 7 OF 8

Family Financial

Instructions: Rate on a scale of 1-10 where applicable.

Opportunity

Family vacations

Est. Financial Impact

\$

Impact on Future (1-10)

Opportunity

Home improvements

Est. Financial Impact

\$

Impact on Future (1-10)

Opportunity

Children's activities/lessons

Est. Financial Impact

\$

Impact on Future (1-10)

Opportunity

Family savings goals

Est. Financial Impact

\$

Impact on Future (1-10)

Opportunity

Other

Est. Financial Impact

\$

Impact on Future (1-10)

Reflection

How has addiction affected your family's financial stability and opportunities?

PART 8 OF 8

Overall Reflection

Take a moment to look back at all the areas you've explored. Be honest but compassionate with yourself.

1. Looking at all these areas, which missed opportunities impact you and your family the most emotionally? Why?

2. How has your perception of your role in the family changed after completing this assessment?

3. What steps can you take in your recovery to start rebuilding these family connections and creating new positive memories?

4. How can you involve your family in your recovery process to heal together?

5. What new family traditions or activities would you like to establish in your recovery?
