

# Example: Family Stress Chart

Culley X      Dad X      Mom X

0%    10%    20%    30%    40%    50%    60%    70%    80%    90%    100%

## Mom's Top Three Stressors

- 1. "Signs of Use" (Drugs or Alcohol) 50% ↓
- 2. "Won't do chores or homework" (Chores & School Performance) 20% ↓
- 3. "Safety Issues" (Threats or Acts of Violence) 50% ↓

## Dad's Top Three Stressors

- 1. "Drug/Alcohol Use" (Drugs or Alcohol) 70% ↓
- 2. "Aggression" (Threats or Acts of Violence) 70% ↓
- 3. "School Work" (School Performance) 70% ↓

## Culley's Top Three Stressors

- 1. "Nagging about school work" (School Performance) 65% ↓
- 2. "Being told to do things don't want to do" (Disrespect) 55% ↓
- 3. "Chores & going to therapy" (Chores) 20% ↓

Safety Stressors:  
Drugs/Alcohol 70% ↓



## Bus Picks:

- 1. Grandma June
- 2. Mom's friend Janie
- 3. Aunt Mary