CIGNA Behavioral Health

ARTIST
BABYSITTER
BEGINNER
BOSS
BREADWINNER
BUILDER
CAREGIVER
CHAUFFEUR
CHILD
COACH
COMEDIAN
COMMUNICATOR
COOK
DECISION-MAKER
DIETITIAN
DISHWASHER
EMPLOYEE
EXPERT
FACILITATOR
FALL GUY
GARDENER
HELPER
JUDGE
LEADING-LADY
LISTENER
LOVER
MAID
MECHANIC
NURSE
ORGANIZER
PARENT
PEACEMAKER
POLITICIAN
PROBLEM-SOLVER
RESCUER
STUDENT
SUPPORTING-ACTOR
TEACHER

What Are Your Roles?

What roles do you play? Take a few minutes to list all of them. Include roles in your career, family life and other relationships as well as those you fulfill in your personal life.

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- Circle those roles that give you the most satisfaction.
- Draw a square around those roles that you least enjoy. Are any of these roles unnecessary? Could you eliminate them?
- How many circles do you have? Do you perform enough satisfying roles to give meaning to your life?
- How many squares are there? If there are more squares than circles, can you think of ways to reduce or eliminate these roles?
- Draw a line through roles you don't really need to play. What if you eliminated all those roles that you have crossed out? What roles remain? Jot down a few ideas for making those roles more satisfying.

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