

Roommate Exercise for Stepparents

This exercise suggests that you, as a stepparent, think of your role as a roommate. Even though you may not want to define your role this way, thinking in those terms will enable you to interact successfully with your stepchild(ren) when you first start living with them.

Answer the following questions. Record your results below.

1. List 5 responsibilities you think are reasonable as a sensitive and responsible roommate.

2. What are five things you expect from a roommate?

3. What do you do when a roommate doesn't fulfill his or her responsibilities?

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4. How would you approach your roommate if he or she were not behaving as a good citizen in your shared home?

5. How would you motivate your roommate to cooperate in doing chores?

6. What would you do to avoid expressions of anger when discussing problems with your roommate?

Note: Healthy and happy blended families are notoriously difficult to build. Often, the help of a caring and experienced family therapist is required.

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