

One challenge to spending time with family is that we have too many roles to fulfill or “hats to wear:” mother, employee, sister, church member, coach, leader, friend, etc. Sometimes all of these hats can cause us to have role strain. When we have too many hats we have role overload. This is called “too many hats syndrome.” Our hats can also clash with one another, cause role conflict. For example, you want to attend your daughter’s softball game but your boss needs you to work that evening. Your role as parent is conflicting with your role as an employee. Below you can assess your “hat situation.”

List all of the hats (roles) you wear:

Do you have too many hats, too few, or just the right amount?

Write down any hats you would like to change:

Add these hats:

Eliminate these hats:

Make a plan for how you can change these hats:

What resources do you have that might help, you adjust your “hat situation”?

Write down a target date to have this completed:_____