

# What Fair Looks Like In Our Family

Every person in a family has different needs. Fair doesn't mean everyone gets the same thing. Fair means everyone gets what helps them grow, feel safe, and feel loved. This worksheet helps us understand what each person needs so we can support each other.

## What fair means in our family:

- Fair means everyone gets what they need.
- Fair doesn't always look the same.
- Fair is about support, not keeping score.
- We all matter in our own way.

## What my sibling need:

They feel safe when:

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They feel supported when:

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They need help with:

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Something that is hard for them:

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They feel loved when:

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- 1
- 2
- 3

## What I need:

I feel safe when:

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I feel supported when:

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I need help with:

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Something that is hard for me:

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I feel loved when:

- 1
- 2
- 3

## How our needs are different:

I need more:

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My sibling needs more:

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They need help with:

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We both need:

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We both enjoy:

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- 1
- 2
- 3

