

**Taming the Anxiety Beast Within:
Structuring our work in family law
to diminish conflict and optimize success**

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Identifying structures and weaknesses in my practice

This worksheet is for your benefit.
We'll set aside time to complete it in small groups but
(a) this not mandatory,
(b) there are no right or wrong answers
(so no one gets a gold star this time!) and
(c) if you choose to complete any part of it,
feel free to keep your answers private.

1. My role: You may have several distinct roles in your professional life.
Choose one of them for the purpose of completing this worksheet.

My professional role is: _____

2. What part of my work in this role piques my anxiety?
3. What do I do to acknowledge, assess, express, and moderate my anxiety in this role?

	+ An example in which I am clear, calm, and consistent	- An example which I believe I should improve
Limits and associated consequences		
Boundaries that define space		
Routines and rituals that define time		
Roles that define relationships		