

The One-Page Stability Map

Companion worksheet to "Family Stability: Creating a Floor Before the Storm."

Fill in the five short lists below, then review the page with anyone who might need to use it. The map does not have to solve the future. It only has to answer the first questions clearly enough to prevent panic: who needs to know, what must be protected first, where the information is, and who can help.

1. ESSENTIAL MONTHLY NEEDS

Rent or mortgage, utilities, food, medication, transport, care

2. THREE EMERGENCY CONTACTS

Name and number — primary and backups

3. WHERE IMPORTANT INFORMATION IS KEPT

Documents, insurance, accounts — location, not contents

4. FIVE RECURRING RESPONSIBILITIES + OWNER

The task, and who owns it

The One-Page Stability Map (cont.)



5. FIRST THREE ACTIONS DURING A DISRUPTION

Reflection

Five private questions from the article. Answer them for yourself before or after the family conversation.

1. Which part of my family's stability depends too heavily on one person?

2. What routine helps us feel grounded, and are we protecting it?

3. Where are we relying on assumptions instead of shared information?

4. Who is in our wider support circle, and do they know it?

5. What small disruption keeps becoming a larger crisis, and what system would prevent it?
