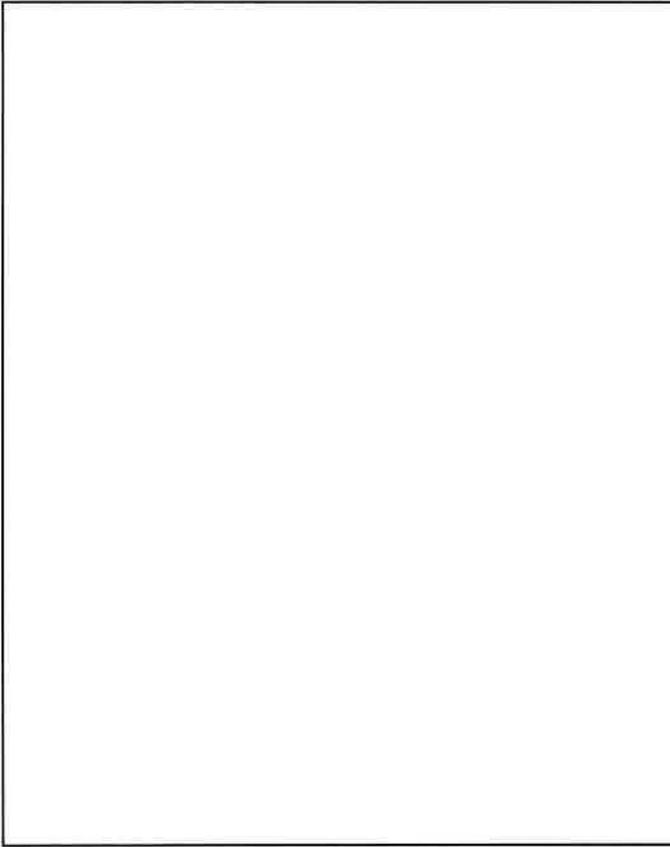


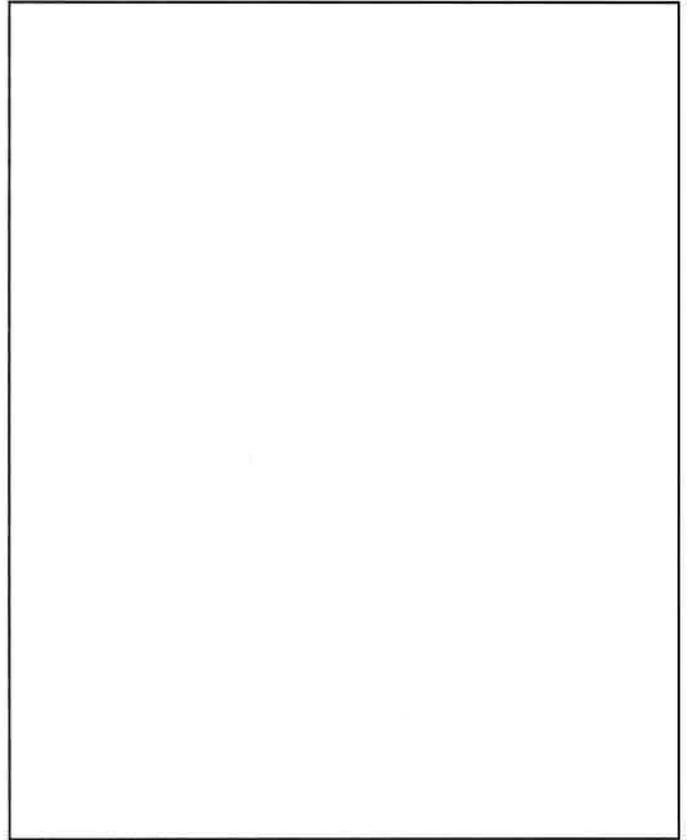
# FAMILY DRAWING

Core skill: integration, insight

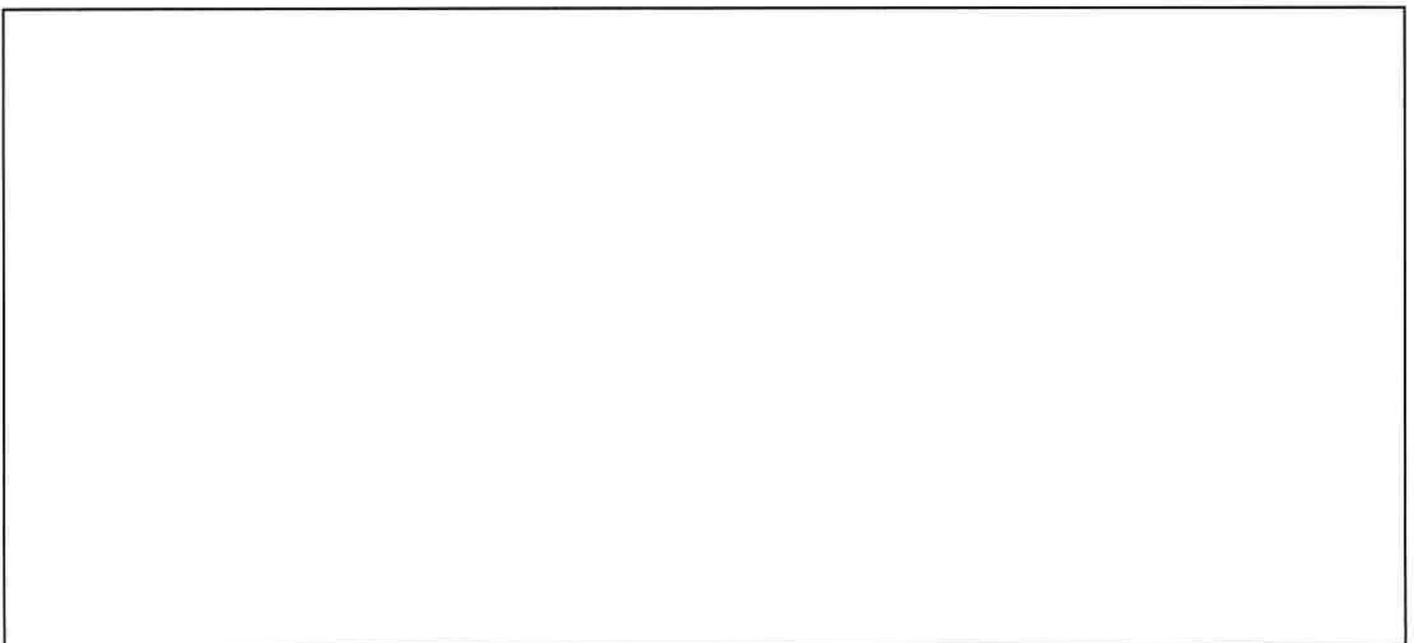
On this side make a drawing of something frustrating about your family



On this side, make a drawing of something you wish your family was doing



Down here, draw something that might your family get along better



# LISTENING

Core skill: communication

**L:** Look at the person you're speaking to

**I:** Use "I statements" when trying to communicate feelings

**S:** Show the person that you are interested in what they say

**T:** Try to say positive things to or about the person your speaking to

**E:** Empathize. This mean trying to understand what the other person is feeling or experiencing

**N:** Never name call

**I:** don't Interrupt

**N:** use a Normal volume/tone of voice when speaking

**G:** try and use Good posture when communicating

## Questions:

1) What are some specific ways that communications skills could have helped you in the past?

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2) Which of the LISTENING skills do you need to practice the most?

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3) If you could teach these skills to anyone, who would it be and why?

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# 'I' Statements

Core Skills: Communication, Self-regulation

**Instructions:** Turn each unhelpful statement into a more helpful 'I statement.'

**Example:** unhelpful: "You never listen to me."

helpful: I feel frustrated  
when I'm not being heard

1) unhelpful: "You always make unfair rules"

helpful: I feel \_\_\_\_\_  
when \_\_\_\_\_

2) unhelpful: "Nobody cares about me"

helpful: I feel \_\_\_\_\_  
when \_\_\_\_\_

3) unhelpful: "You think that I'm stupid"

helpful: I feel \_\_\_\_\_  
when \_\_\_\_\_

4) unhelpful: "You never try and talk to me"

helpful: I feel \_\_\_\_\_  
when \_\_\_\_\_

# Unpleasant Events

Core skills: insight, integration

|                  | Unpleasant events | What feelings/sensations did you notice in your body? | What thoughts did you notice? |
|------------------|-------------------|---|-------------------------------|
| <b>MONDAY</b>    | 1.                |   |                               |
|                  | 2.                |   |                               |
| <b>TUESDAY</b>   | 1.                |   |                               |
|                  | 2.                |   |                               |
| <b>WEDNESDAY</b> | 1.                |   |                               |
|                  | 2.                |   |                               |
| <b>THURSDAY</b>  | 1.                |   |                               |
|                  | 2.                |   |                               |
| <b>FRIDAY</b>    | 1.                |   |                               |
|                  | 2.                |   |                               |
| <b>SATURDAY</b>  | 1.                |   |                               |
|                  | 2.                |   |                               |
| <b>SUNDAY</b>    | 1.                |   |                               |
|                  | 2.                |   |                               |

## Helpful Books on Parenting

- **“How to Talk So Kids Will Listen and Listen So Kids Will Talk”**  
By: Adele Faber and Elaine Mazlish
- **“Between Child and Parent”**  
By: Haim Ginott
- **“The Whole Brain Child”**  
By: Daniel Siegel
- **“Transforming the Difficult Child: The nurtured heart approach”**  
By: Howard Glasser and Jennifer Easley
- **1-2-3 Magic**  
By: Thomas Phalen
- **“SOS For Parents”**  
By: Lynn Clark