

Family Meeting Worksheet

1. **Start with at least 2 positives** about each family member present. Make the comments sincere, concrete, specific and detailed.
2. **Decide the order in** which the family members will present “Behavior Change Requests”.
3. **Present your BCR by ;**
 - a) using an “I feel _____ when you _____ because _____
 - b) I would appreciate it if you would _____
 - c) I am willing to _____ to make this easier for you.
4. Remember that you aren’t guaranteed that the other person will do what you are asking them to change, but this outline usually keeps things much more clean between family members.
5. When you are given a BCR by another family member you have some choices on how to respond;
 - a) **validate without agreeing to change**.
“I can see how you would feel that way and I do understand what you are asking, but I’m not willing to change in the way that you are asking me to. Maybe we can come up with something that will work for me and you.”
 - b) **validate and because you see some truth** in what is being said, you agree to change in some ways.
“The way you have explained your feelings I think I understand what you are saying, and I’m willing to do _____ as part of what you are asking”
 - c) **validate and agree completely**, and then decide how you might change your behaviors to be more effective.
“I can see what you are saying about me and I don’t like that behavior either, I am willing to _____ in order to be more effective with you.”
 - d) **become defensive and show defensiveness by;**
 - counterattacking:** (you accuse them of things that you don’t like),
“What about you, how come we always are talking about me, you have your crap too, you know!”
 - surrendering:** (giving in but not really believing what they are saying)
“I guess you are right, I’m just a jerk, I can never get it right anyway”
 - escaping:** (leaving the meeting, getting sick, being too busy, etc).
“I can’t stay and do this, I have a late meeting at church/work/etc and I’ll catch up to you later. . .”