

## What is Working Within the Family?

While it is essential to identify and fix what is causing conflict within a family, it is equally valuable to recognize what is working.

Once we recognize where we are successful in a relationship, it can remind us that not everything is terrible, we are doing some things right, and we have something upon which we can build.

The following questions help identify and share the positives in the relationships within the family.

Ask each family member to complete the following table.

Enter one or more behaviors for each person in the family that you think are helpful or you would like them to do more of.

For example, "I like it when we spend time together on a Sunday morning going for a walk and having a chat, just the two of us."

### Person 1

My name:	
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What is the activity or behavior?	Who does it? (person/role in the family)	Why would I like you to do more of it?

## Person 2

My name:	
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What is the activity or behavior?	Who does it? (person/role in the family)	Why would I like you to do more of it?

## Person 3

My name:	
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What is the activity or behavior?	Who does it? (person/role in the family)	Why would I like you to do more of it?

What is the activity or behavior?	Who does it? (person/role in the family)	Why would I like you to do more of it?

**Person 4**

My name:	
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What is the activity or behavior?	Who does it? (person/role in the family)	Why would I like you to do more of it?

Once each family member has completed their form, share it, or take turns reading it aloud to the family group.

Recognize that conflict doesn't occur in the family all the time and encourage the activities that unite you as a group.

Dr. Jeremy Sutton