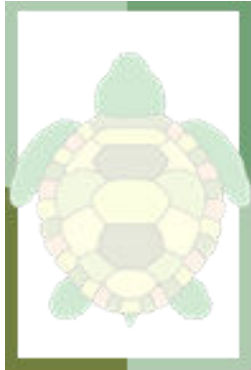


SESSION EIGHT: TAKING STEPS TO PROBLEM SOLVING

STOP and identify the problem.
THINK about your role in the problem.
EXPLORE your feelings and values.
PICTURE your choices or alternatives.
STEP up and do the right thing.



Gifts & Values Activity: Each family will be assigned one of the gifts or values listed below. Use the next few minutes to discuss as a family what the value or gift is, what it means to your family, and how you will use it when faced with problems. You will share your answers later in the session.

Our Value or Gift: _____

What this value or gift means to our family:

How we will use this value or gift when faced with problems:

Examples of what we plan to do with this value or gift:

Values & Gifts:

- | | | |
|------------------|------------------|--------------------|
| 1. Honest | 6. Wise | 11. Strong-hearted |
| 2. Reliable | 7. Compassionate | 12. Patient |
| 3. Storyteller | 8. Dedicated | 13. Generous |
| 4. Good Listener | 9. Brave | 14. Courageous |
| 5. Spiritual | 10. Respectful | 15. Warrior |

SESSION EIGHT: EFFECTIVE APPROACHES TO HANDLING PROBLEMS

USE "I"-MESSAGES

When things are not picked up around the house, I feel frustrated because it creates more work for me.

When I'm ill and the dishes are left for me to do, I feel disrespected because it seems no one cares about me.

When you borrow tools and don't return them, I feel discouraged because I don't have the tools I need when there's a job to do.

LISTENING FROM THE HEART

Are you saying that you feel your room is your own private space that I can respect by letting you decide for yourself how clean you will keep it?

Sounds like you're feeling discouraged because the job's so difficult.

It seems like you feel...

Could it be that...

Is it possible that...

You sound...

I wonder if...

Do you feel...

Correct me if I'm am wrong, but...

I'm sensing...

Is this the way you see it...

EXPLORING ALTERNATIVES

How about this: If you agree to tidy up after yourself in the kitchen, bathroom, and family room, I will leave your bedroom up to you - I won't go in and clean it and I won't bug you to clean it either.

What are some ways you could solve the problem?

What can we do to settle this conflict between us?

What would be a fair consequence if the agreement were broken?

USING NATURAL AND LOGICAL CONSEQUENCES

NATURAL

Child who forgets coat on a cold day gets cold.

Child who skips lunch goes hungry.

LOGICAL

Quincy will suffer logical consequences if he decides not to tidy up after himself in his room for weeks on end (i.e. messiness, not being able to find things).

Child who spends allowance and doesn't receive any more money until the next allowance day.

Child who neglects to study for a test gets a low grade.

SESSION EIGHT TAKE HOME ACTIVITY

FAMILY PROBLEM SOLVING

Using the STEP model, hold a family talking circle on a family problem you would like to discuss.

1. STOP and identify the problem.
2. THINK about your role in the problem.
3. EXPLORE your feelings and values.
4. PICTURE your choices.
5. STEP up and do the right thing.

Who participated in the Talking Circle? _____

