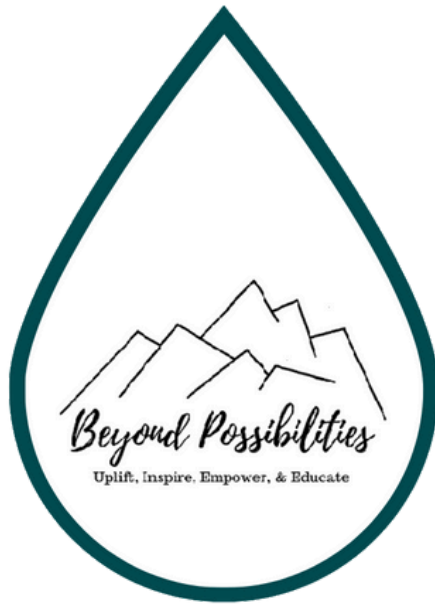


FAMILY COMMUNICATION WORKSHOP

*Awareness and
Foundations*



INCLUDES 11 PAGES

SECTION ONE

TAKE A MINUTE TO JOT DOWN SINGLE WORDS THAT COME TO MIND WHEN YOU THINK OF YOUR FAMILY.



SECTION TWO

TAKE A MINUTE TO JOT DOWN SINGLE WORDS THAT COME TO MIND THAT DESCRIBE COMMUNICATION IN YOUR FAMILY.

SECTION THREE



FOR EACH OF THE FOLLOWING SCENERIOS ANSWER THE FOLLOWING:

- WHAT MIGHT THE CHILD BE THINKING OR FEELING AFTER HEARING THIS?
- HOW COULD YOU REWORD IT ASSERTIVELY TO EXPRESS THE SAME NEED BUT BUILD CONNECTION?

TWEEN (12)

CONTEXT: GETTING READY FOR SCHOOL.

- PARENT: "YOU'RE SO SLOW IN THE MORNINGS. HURRY UP OR WE'RE GOING TO BE LATE AGAIN!"

TEEN (17)

CONTEXT: ASKING FOR HELP WITH A DECISION.

- TEEN: "I DON'T KNOW IF I SHOULD APPLY FOR THIS JOB OR WAIT."
- PARENT: "YOU NEVER FOLLOW THROUGH ANYWAY, SO MAYBE WAIT UNTIL YOU'RE MORE SERIOUS."

YOUNG ADULT (22)

CONTEXT: CALLS HOME.

- PARENT: "YOU HAVEN'T CALLED ME BACK. GLAD TO KNOW I'M NOT IMPORTANT ANYMORE."



TEEN (16)

CONTEXT: SPORTS EVENT.

- TEEN: "WILL YOU COME TO MY GAME TONIGHT?"
- PARENT: "I'LL TRY, BUT I'M SWAMPED. WE'LL SEE."

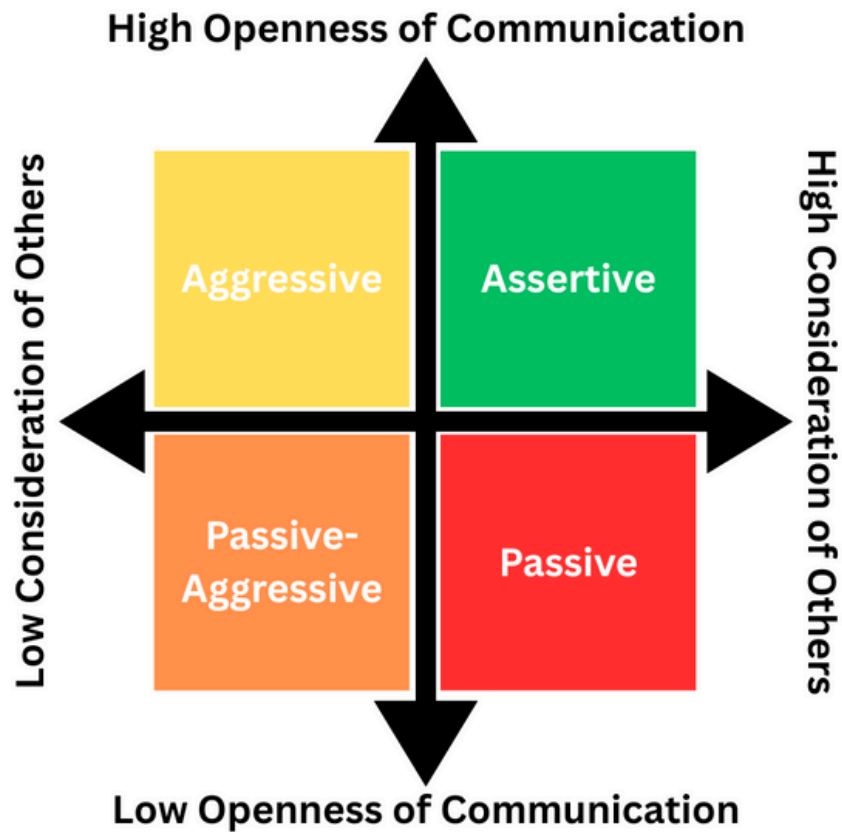
TWEEN (11)

CONTEXT: HOMEWORK HELP.

- TWEEN: "CAN YOU HELP ME WITH MY PROJECT TONIGHT?"
- PARENT: "YOU'VE GOT THIS! YOU'RE SMART ENOUGH TO DO IT ON YOUR OWN."

SECTION FOUR

COMMUNICATIONS STYLES



Aggressive <ul style="list-style-type: none">• Inappropriately honest• Direct• Expressive• Attacking• Blaming• Controlling• Self-enhancing at the expense of others.	Assertive <ul style="list-style-type: none">• Appropriately honest• Direct• Self-enhancing• Expressive• Self-Confident• Empathic to emotions of all involved.
Passive-Aggressive <ul style="list-style-type: none">• Emotionally dishonest• Indirect• Self-denying at first.• Self-enhancing at the expense of others later.	Passive <ul style="list-style-type: none">• Emotionally dishonest• Indirect• Inhibited• Self-denying• Blaming• Apologetic

SECTION FOUR (CONTINUE)



COMMUNICATION STYLE SCENARIO

AGGRESSIVE

SCENARIO 1: TEEN (16): YOUR TEENAGER COMES HOME PAST CURFEW. YOU RAISE YOUR VOICE AND SAY, 'YOU'RE COMPLETELY IRRESPONSIBLE! YOU NEVER THINK ABOUT ANYONE BUT YOURSELF!'

SCENARIO 2: YOUNG ADULT (21): YOUR COLLEGE STUDENT LEAVES DIRTY DISHES IN THE SINK WHEN VISITING HOME. YOU SLAM THE CUPBOARD AND YELL, 'YOU'RE AN ADULT NOW—START ACTING LIKE ONE OR DON'T COME HOME AT ALL!'

PASSIVE

SCENARIO 1: TWEEN (11): YOUR CHILD INTERRUPTS YOU WHILE YOU'RE ON THE PHONE. YOU SIGH, STOP WHAT YOU'RE DOING, AND LET THEM TAKE YOUR ATTENTION, EVEN THOUGH YOU'RE FRUSTRATED, BUT YOU NEVER TELL THEM HOW YOU FEEL.

SCENARIO 2: YOUNG ADULT (24): YOUR CHILD BORROWS YOUR CAR AND BRINGS IT BACK WITH AN EMPTY TANK. YOU SMILE AND SAY, 'IT'S FINE, DON'T WORRY ABOUT IT,' EVEN THOUGH YOU'RE UPSET AND RESENTFUL INSIDE.

PASSIVE-AGGRESSIVE

SCENARIO 1: TEEN (15): YOUR TEEN FORGETS TO TAKE OUT THE TRASH. INSTEAD OF SAYING ANYTHING, YOU MUTTER LOUDLY, 'GUESS I'M THE MAID IN THIS HOUSE,' WHILE SLAMMING THE GARBAGE BAG INTO THE CAN.

SCENARIO 2: YOUNG ADULT (22): YOUR CHILD FORGETS TO CALL YOU BACK. WHEN THEY FINALLY TEXT, YOU RESPOND WITH, 'GLAD TO KNOW I'M NOT IMPORTANT ANYMORE,' FOLLOWED BY SILENCE.

ASSERTIVE

SCENARIO 1: TWEEN (12): YOUR CHILD REFUSES TO DO HOMEWORK. YOU SAY, 'I KNOW YOU'RE TIRED, AND I ALSO NEED YOU TO FINISH THIS ASSIGNMENT. LET'S SET A TIMER AND TAKE BREAKS TO MAKE IT EASIER.'

SCENARIO 2: YOUNG ADULT (19): YOUR CHILD COMES HOME FROM COLLEGE AND STAYS OUT LATE WITHOUT TELLING YOU. YOU SAY CALMLY, 'I TRUST YOU, BUT I STILL WORRY. CAN WE AGREE YOU'LL TEXT ME IF YOU'LL BE HOME AFTER MIDNIGHT?'

HOMework



Building Bridges: Understanding Family Communication Styles



COMMUNICATION IS AT THE HEART OF EVERY FAMILY RELATIONSHIP. IT'S HOW WE EXPRESS LOVE, SET BOUNDARIES, AND NAVIGATE CHALLENGES TOGETHER. YET, AS OUR CHILDREN GROW—FROM TWEENS DISCOVERING INDEPENDENCE, TO TEENS TESTING LIMITS, TO YOUNG ADULTS STEPPING INTO THE WORLD—COMMUNICATION OFTEN BECOMES ONE OF THE TRICKIEST PARTS OF PARENTING.

WHETHER YOU'RE TRYING TO GET AN 11-YEAR-OLD TO CLEAN UP THEIR ROOM, DISCUSSING CURFEW WITH A 16-YEAR-OLD, OR RESPECTING THE INDEPENDENCE OF YOUR 22-YEAR-OLD, THE WAY YOU COMMUNICATE CAN EITHER STRENGTHEN CONNECTION OR CREATE DISTANCE.

WHY COMMUNICATION MATTERS

RESEARCH CONSISTENTLY SHOWS THAT STRONG FAMILY COMMUNICATION BUILDS RESILIENCE, REDUCES CONFLICT, AND HELPS CHILDREN THRIVE EMOTIONALLY (ALEJANDRA & KATAOKA, 2017; BUSBY & CHIU, 2017). FOR PARENTS, GOOD COMMUNICATION CREATES MORE COOPERATION AT HOME AND A DEEPER SENSE OF TRUST—EVEN DURING TOUGH CONVERSATIONS.

THE CHALLENGE? NOT EVERY STYLE OF COMMUNICATION IS EQUALLY EFFECTIVE.

THE FOUR COMMON COMMUNICATION STYLES



COMMUNICATION CAN BE MAPPED ACROSS TWO DIMENSIONS: **OPENNESS OF COMMUNICATION** (HOW HONESTLY WE SHARE) AND **CONSIDERATION FOR OTHERS** (HOW MUCH WE RESPECT ANOTHER'S NEEDS). TOGETHER, THESE CREATE FOUR STYLES:

- **AGGRESSIVE** – OPEN BUT LACKING RESPECT FOR OTHERS.
- **PASSIVE** – RESPECTFUL BUT WITHHOLDING FEELINGS OR NEEDS.
- **PASSIVE-AGGRESSIVE** – INDIRECT, MASKING FRUSTRATION WITH SARCASM OR AVOIDANCE.
- **ASSERTIVE** – HONEST AND OPEN WHILE STILL CONSIDERING OTHERS.

MOST OF US USE A MIX OF THESE STYLES DEPENDING ON STRESS, HABITS, OR CIRCUMSTANCES. BUT THE HEALTHIEST FAMILIES LEAN ON **ASSERTIVE COMMUNICATION**, BECAUSE IT BALANCES HONESTY WITH RESPECT.

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REAL-LIFE EXAMPLES

TO BRING THESE STYLES TO LIFE, HERE ARE A FEW PARENT-CHILD SITUATIONS ACROSS THE TWEEN-TO-TWENTY SPECTRUM:

- AGGRESSIVE (TEEN): YOUR 16-YEAR-OLD COMES HOME PAST CURFEW. YOU YELL, "YOU'RE COMPLETELY IRRESPONSIBLE!"
- PASSIVE (YOUNG ADULT): YOUR 24-YEAR-OLD BORROWS YOUR CAR AND RETURNS IT ON EMPTY. YOU SAY, "IT'S FINE, DON'T WORRY ABOUT IT," WHILE STEWING INSIDE.
- PASSIVE-AGGRESSIVE (TEEN): YOUR 15-YEAR-OLD FORGETS CHORES. YOU MUTTER, "GUESS I'M THE MAID IN THIS HOUSE," WHILE SLAMMING THE TRASH DOWN.

- ASSERTIVE (TWEEN): YOUR 12-YEAR-OLD RESISTS HOMEWORK. YOU SAY, "I KNOW YOU'RE TIRED,
- BUT THIS NEEDS TO BE FINISHED. LET'S SET A TIMER AND TAKE BREAKS."



CAN YOU SEE HOW EACH STYLE AFFECTS THE RELATIONSHIP DIFFERENTLY?

TAKEAWAY FOR PARENTS

THERE'S NO SUCH THING AS PERFECT COMMUNICATION, BUT BEING AWARE OF HOW YOU'RE COMMUNICATING IS THE FIRST STEP. ASK YOURSELF:

- AM I BEING HONEST ABOUT MY NEEDS AND FEELINGS?
- AM I SHOWING RESPECT FOR MY CHILD'S NEEDS, EVEN AS THEY GROW MORE INDEPENDENT?
- DO I SHIFT MY APPROACH WHEN TALKING TO MY 11-YEAR-OLD VERSUS MY 21-YEAR-OLD?
-

THE GOAL ISN'T TO AVOID CONFLICT—IT'S TO HANDLE IT IN WAYS THAT BUILD TRUST AND CONNECTION.

TRY THIS AT HOME

THIS WEEK, PAY ATTENTION TO ONE INTERACTION WITH YOUR CHILD. NOTICE YOUR COMMUNICATION STYLE IN THE MOMENT. IF IT'S NOT ASSERTIVE, PAUSE AND REFRAME YOUR WORDS. FOR EXAMPLE:

- INSTEAD OF: "YOU NEVER LISTEN TO ME!"
- TRY: "I FEEL FRUSTRATED WHEN I HAVE TO REPEAT MYSELF. CAN WE FIGURE OUT A BETTER WAY TO HANDLE REMINDERS?"

SMALL SHIFTS LIKE THIS CAN CHANGE THE WHOLE TONE OF FAMILY LIFE.

