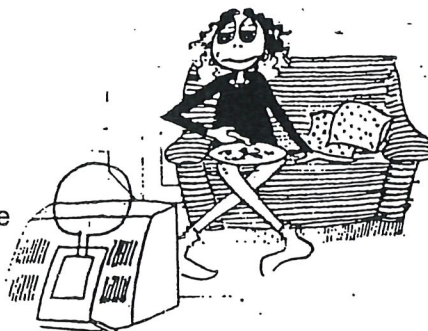


COMMUNICATION CHECKLIST

DO ANY OF THESE STOP YOUR FAMILY TALKING?

Tick the ones which apply

- | | |
|---|--|
| <input type="checkbox"/> Television | <input type="checkbox"/> No time to relax |
| <input type="checkbox"/> Telephone | <input type="checkbox"/> Tiredness |
| <input type="checkbox"/> DIY/household jobs | <input type="checkbox"/> Resentments |
| <input type="checkbox"/> Computer/internet | <input type="checkbox"/> I'm the silent type |
| <input type="checkbox"/> Newspaper/books | <input type="checkbox"/> Out of the habit |
| <input type="checkbox"/> Work | <input type="checkbox"/> Other |



What ONE change could you make to improve communication?

.....

COMMUNICATING FEELINGS



As a parent...

- | | |
|--------------------------|--|
| <input type="checkbox"/> | I think I am a good listener |
| <input type="checkbox"/> | I prefer to hide my feelings |
| <input type="checkbox"/> | I find it easy to share my feelings |
| <input type="checkbox"/> | I tend to over-react/get angry |
| <input type="checkbox"/> | I am sensitive to the feelings of others |

My child can talk to me about...

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> doubts | <input type="checkbox"/> regrets |
| <input type="checkbox"/> worries | <input type="checkbox"/> discouragements |
| <input type="checkbox"/> hurts | <input type="checkbox"/> fears |
| <input type="checkbox"/> frustrations | <input type="checkbox"/> needs |
| <input type="checkbox"/> hates | <input type="checkbox"/> joys |
| <input type="checkbox"/> likes | <input type="checkbox"/> hopes |