

## Family Systems Worksheet

**Way to approach and deal with a problem with the help of family systems therapy:**

Follow the steps mentioned below to deal with the petty and small issues:

**Step 1: Greetings and make everyone comfortable (all the family members)**



**Step 2: Unwind and open the communication style. Start and introduce the discussion or conflicting points that needs to be addressed:**



**Step 3: Find out the reason behind the conflict.**

Effective communication is the key to building good relationships. Talk to your family members who you have a conflict with.



**Communicate with each other and address the issue at hand**

Focus on only the present, don't bring out past issues. An essential component of conflict resolution involves only you. It is about knowing what you feel and addressing the problem you think should be resolved. Always remember that you need to acknowledge; your feelings and how you think about this, and then understand and listen to the other family members.



**Take perspectives from each side.**

There are need two sides to a coin. Every story has two sides. m. Active listening involves self-awareness and self-exploration. You let the problems of the other person be heard.

Perspective A	Perspective B



**Develop different solutions to solve the problem**

Once you understand the other person's perspective, and they understand yours, it's time to find a resolution to the conflict—a solution you can live with—a middle ground. Focus on one thing at a time, don't bring out past issues and fights.

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**Create rules & Boundaries**

Create and follow the rules for the future to avoid facing the same issue