

SIBLING THERAPY WORKSHEETS:Version 2

Things that you would like to solve:

Things I don't like about my other sibling:

Tips to have a healthy relationship & also avoid the conflict:

Get in Touch With Your Feelings:

An important component of conflict resolution involves only you, it is about knowing what you feel, addressing the problem that you feel should be resolved. Always remember that you need to acknowledge; your feelings first, how you feel about this, and that.

Active Listening Skills.

Listen to each other carefully, active listening is all about not only just listening with ears it's about the inner eye too. Active listening involves self-awareness and self-exploration.

Practice Assertive Communication.

Use "I statements" rather than doubtful ones, be assertive but don't be aggressive. There is a fine line between these two. Effective communication is the key to building good relationships. Talk to your partner or anyone with who you have a conflict about your needs and explicitly ask them to tell you what they expect from you.

Seek a Solution.

Communicate your concerns not the problems and arguments, also try to give a solution. 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 both can live with. A middle ground. Focus on one thing at a time, don't bring out past issues and fights.

Mutual respect:

Respect each other and learn to respectfully agree to disagree.

No judgements, and comparison:

You two are individual persons, don't bash each other's opinions.