

## Worksheet for Family Therapy: VERSION 2

### Identify the problem

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

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### Communicate and address the problem

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; about your feelings first, how you feel about this and that.

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### Take perspectives from each side

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. You let the problems of the other person be heard and catered.

Perspective A	Perspective B



**Develop & Explore different possibilities, solutions to solve the problem—at least three answers to each question.**

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

- 1.
- 2.
- 3.



**Create rules for the future to avoid facing the same issue**

Explicitly ask and share with your partner as to what to expect from you.