

The Family Relationships Process

Although families are often referred to as single units, they are actually communities of individuals with common interests. Family members draw support from each other to meet their needs for survival, safety, love and achievement. The Family Relationships process is designed to help family members improve their ability to support each other in meeting their individual and collective needs.

The Family Relationships Process does this by assisting families to improve their understanding, communication and relationships with each other. Each individual in a family is unique. A prerequisite for positive family relationships is respect for each other's differences.

The Family Relationships questionnaire generates a report on each individual's behavior and communication style. In order to gain the most benefit from the process, each family member must complete a Family Relationships questionnaire. You can complete the Family Relationships questionnaire by clicking on the GET STARTED button. After all family members have received their Family Relationships report, you are ready to begin the Family Relationships Debriefing Process.

There are 4 Easy Steps in the Family Relationships Process:

1. Each family member reads their Family Relationships report
2. Each family member completes the attached debriefing guide as you read your Family Relationships report
3. Hold family discussions on The Family Relationships reports
4. Make commitments for improving the communication and relationships

Creating the Right Environment for Family Relationships

The family discussions about the report can be the catalyst for many positive changes within the dynamics of family relationships. When family members begin to understand and respect the differences in each other's unique behavior and communication styles, conflicts can be anticipated or avoided and relationships will improve.

Family discussions, however, must be held in an appropriate environment in order to be meaningful. The following suggestions will help to create the proper environment:

1. All family members who have completed a Family Relationships report should commit to participate. It is recommended that family members negotiate when they will meet and how much time they will spend during the Family Relationships meeting and then honor those agreements. If the family has spent all the time allotted, they can negotiate additional meetings.
2. Remove or minimize all distractions. Turn the television off. Music can be either a positive or negative factor and should be played only if all family members agree on the selection. Get agreement from family members to ignore or turn off the telephone during Family Relationships.
3. The purpose of Family Relationships should be clear to all family members: to improve understanding, communication and relationships. The purpose of Family Relationships is not to resolve all family issues. The information in the Family Relationships reports will, however, be extremely valuable in helping family members to understand the source of some of their conflicts with each other.
4. It is recommended that Family Relationships take place around the dining room table, a coffee table or any place that allows everyone to be together in one place and maintain eye contact with each other. Family members may wish to enjoy a favorite snack or beverage during Family Relationships, however, the focus of the discussion should remain on what they are learning.
5. Family members may wish to establish ground rules for Family Relationships discussions. For instance, family members may want to establish a rule that only one person gets to talk at a time in order to give the person talking the respect they deserve. Family members may wish to establish a method for keeping the lid on discussions that turn into arguments. When family members begin to engage in an argument, someone can knock on a table to signal to the family that the discussion has reached a level where it is no longer productive.
6. It is recommended that family members agree to reinforce any positive changes that occur in their relationships. Family members should make a concentrated effort to congratulate each other on any improvements they notice in their understanding, communication and/or relationships with each other. Positive reinforcement is always encouraged.

After the Family Relationships Process

After experiencing the benefits of the Family Relationships Process, your family should continue to meet on a regular basis to discuss family issues. Creating a solid and positive foundation for successful relationships within your family takes time and effort. Keeping communication effective is something that must be practiced on a daily basis. The rewards each member will receive from practicing this behavior will be priceless and infinite.

We encourage you to share the value of the Family Relationships Process with everyone you know.

Introduction to Family Relationships Debriefing The Guide to Loving Your Differences

An investment of just 30 minutes of your time with this process will begin to breakdown the communication barriers in your family.

If I Knew Then...

Have you ever said or done something you wish you hadn't?

OR

Have you ever regretted the way you handled a situation?

- What situation in your life comes to mind?
- Who were the people involved?
- Looking back, how did you feel about the outcome?

The purpose of the Family Relationships Debriefing Process is to help you minimize your regrets and maximize your success. An important element of the process is to help you acknowledge talents you know you have and discover talents you may not have known you had. In addition, this process will help you find new ways or words to use when talking about yourself to others. This process will also help you to relate more effectively with others. The better you understand yourself, the better you will be at getting what you want. In fact, what you don't know about yourself could keep you from getting what you want.

Throughout this process there will be many questions to ask yourself as well as memories that will come back to you. Take your time and do some soul searching. This is a time to reflect on what you are learning about yourself. How do you feel about what you are learning about yourself? What can you lose? What can you gain?

What is the Family Relationships Debriefing Process?

- The courage to use your talents to achieve personal success.
- The acknowledgment of your strengths and acceptance of your weaknesses.
- The ability to adapt to different situations and people in various environments.

The Family Relationships Debriefing Process will have you thinking "if I knew then what I know now, I would have fewer regrets and more success." The process is quick, it's easy, and it starts with you. The first phase begins with Self Assessment. You will need the following to begin:

- Your Family Relationships Report
- A highlighter

When you have completed the Family Relationships Assessment, read your entire report. Highlight the statements you feel are true and underline the statements that may not be true. Next, follow the instructions for the Family Relationships Debriefing Process.

We wish you success on your journey to loving the differences in your family.

Family Relationships Debriefing Process

Discovering & Appreciating Your Differences

Family Member:

General Statements

Please turn to the “General Statements” section of your report.

From page 2, list three statements that describe talents you would like others to know about you.

1. _____
2. _____
3. _____

- How are you currently utilizing these talents?
- What decisions have you made that allowed you to use these talents?
- How are you using these talents when communicating with others?

From page 3, list three statements that describe problem solving and decision making talents you would like others to know about you.

1. _____
2. _____
3. _____

- How are you using these talents to achieve success?
- How are these talents helping or hurting you?
- How are you using these talents in your personal or professional life?

Checklist for Communicating

Please turn to the “Checklist for Communicating” section of your report.

This section identifies ways you prefer to communicate.

Read and list four statements that describe the best ways to communicate with you.

1. _____

2. _____

3. _____

4. _____

What have you learned about your communication style that will enhance your family relationships?

If others knew how to communicate with you, what impact could it have on your family life?

Don'ts on Communicating

Please turn to the "Don'ts on Communicating" section of your report.

Most people communicate with others the way in which they would prefer to receive communication. No one intentionally creates communication problems, they just lack the proper information.

Read and list four statements that describe communication problems that prevent good communication with you.

1. _____
2. _____
3. _____
4. _____

- Would sharing this information help you get what you want?
- How could your relationships improve by sharing this information?
- Do you think it would help to have the same information about others?

Action Plan

- Using the Action Plan section of each family member's report, discuss what specific commitments family members are willing to make in order to improve their communication and relationships with each other.
- Each family member should then make a list of people outside the family with whom they would like to share their Family Relationships report. These lists should include significant people such as friends, bosses, teachers, etc.

Summary

The Family Relationships Process is designed to help you achieve success however you define it. Success for most people is defined in terms of specific goals such as improved relationships. What goals would you like to achieve? Now that you understand your strengths and weaknesses, you can do more of what helps you get what you want and stop doing what keeps you from getting what you want.

Think of no more than three goals you would like to achieve. The most important element in success is commitment. If you are truly committed to achieving your goals, you will share them with people who are important to you. List three goals you are committed to achieve:

1. _____

2. _____

3. _____